

## Raspberry Roasted Salmon

Bright. Fresh. Nourishing.



### INGREDIENTS:

- 4 salmon filets
- 1 teaspoon whole grain mustard (or Dijon blend)
- 1 teaspoon real maple syrup
- 1/4 teaspoon orange zest
- 1/2 teaspoon thyme leaves
- 1/2 cup frozen raspberries, mashed
- Salt and pepper to taste

### DIRECTIONS:

1. Turn oven on to broil.
2. In a small bowl, combine mustard, maple syrup, orange zest, thyme and raspberries.
3. Place the salmon in an oven safe baking dish. Season with salt and pepper.
4. Glaze the salmon with the raspberry mixture.
5. Broil the salmon for 8–10 minutes, depending on the size of the filets.
6. Serve with salad or a heart-healthy vegetable. Enjoy!

*Credit: katiecavuto.com*



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