

# Salmon With Maple-Thyme Glaze

Bon Appetit Magazine

Internet Address:



*Easy, easy salmon dinner. Simple for weeknight, but also great for guests.*

1/2 cup dijon mustard

4 1/2 tablespoons maple syrup, pure, not the fake stuff

3 1/2 tablespoons water

2 tablespoons prepared horseradish

1 1/2 pounds salmon fillets

1 1/2 tablespoons light brown sugar, optional

1 1/2 tablespoons chopped fresh thyme

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

*This is quite an elegant entree, easy enough for any night, but could easily be served to guests.*

1. Preheat oven to 350 degrees F.
2. Whisk mustard, 3 TBS maple syrup, 3 1/2 TBS water, and horseradish in small bowl to blend.
3. Arrange salmon on baking sheet. Spread thyme mixture evenly over salmon.
4. Whisk 1 1/2 TBS maple syrup, sugar and thyme in another small bowl to blend.
5. Bake until salmon is just opaque in center, about 14 minutes.
6. Spoon mustard-horseradish sauce over and serve.

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Per Serving (excluding unknown items): 197 Calories; 5g Fat (22.5% calories from fat); 24g Protein; 14g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 345mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Fat; 1 Other Carbohydrates.