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WeightNoMoreDC



MUSTARD-MAPLE SALMON

Intermediate Lifestyle

Ingredients

3 TBS Dijon mustard
3 TBS Vermont (or any brand) sugar-free maple syrup
1 TBS balsamic vinegar
1/4 TSP Morton's "lite" salt
1/8 TSP freshly ground black pepper
4 (6 oz.) salmon fillets (about 1" thick)
cooking spray

Instructions

1. Combine first 5 ingredients in a large zip-top plastic bag. Add Salmon. Seal and marinate in refrigerator for 20 minutes.
2. Prepare grill or broiler
3. Remove salmon from bag, reserving the marinade. Place salmon on a grill rack or broiler pan coated with cooking spray and cook for 6 minutes on each side or until the fish flakes easily when tested with a fork. Baste salmon occasionally with the reserved marinade.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 salmon fillet = 1 PR