



## EVERYTHING BAGEL ROASTED SALMON

Intermediate Lifestyle

### INGREDIENTS

- 4 (5-oz.) salmon fillets
- 1 TBS honey
- 2 TSP Dijon mustard
- 1 TBS Everything Bagel seasoning

### INSTRUCTIONS

—Preheat oven to 400°F. Arrange fillets on rimmed baking sheet lined with parchment paper. Combine honey and mustard in a small bowl, and brush over salmon.

—Sprinkle fillets evenly with everything bagel seasoning mix. Bake in preheated oven until salmon flakes easily with a fork, about 12 minutes.

**SERVING INFO:** (Yields 4 servings):

1 fillet - 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).