

Healthy Recipes for Eye Health

Quick Roasted Salmon (for Omega 3)

Ingredients:

- 2 tbsp lemon juice
- 2 tbsp grainy mustard
- 2 tbsp pure maple syrup
- 1 clove garlic, minced
- 4 skin on salmon fillets, about 5-6 oz each

Directions

1. Preheat oven to 400°F.
2. In bowl, whisk together lemon juice, mustard, maple syrup and garlic.
3. Arrange salmon on foil-lined rimmed baking sheet.
Brush with mustard mixture.
4. Roast in pre-heated oven for approximately 12-15 minutes until fish flakes easily when tested.

