

From the Our Lady of Peace Kitchen

Salmon

with Brown Sugar
& Mustard Glaze



Ingredients:

Salmon fillet, cut into desired pieces
Brown sugar
Dijon mustard
Old Bay seasoning
Lemon pepper
Parsley
Lemons

Directions:

Wisk in a bowl of equal parts of light brown sugar and Dijon mustard to taste. Set aside.
Season salmon with Old Bay, lemon pepper and parsley. Sauté salmon in a skillet 2-3 minutes on each side. Spread glaze and a sliced lemons on salmon in a 2" pan and cover with foil
Bake at 350 for 7 minutes and let sit. Serve over rice or your favorite steamed vegetables.