

# Grilled Honey Dijon Salmon with Zucchini

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1/4 cup Dijon Mustard (grainy or regular)
- 2 tbsps Raw Honey
- 1 lb Salmon Fillet
- 4 Zucchini (peeled, sliced in half lengthwise)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	254	Iron	2mg
Fat	10g	Vitamin D	0IU
Carbs	15g	Folate	75µg
Fiber	2g	Magnesium	68mg
Protein	25g	Zinc	1mg
Vitamin C	35mg		

## DIRECTIONS

- 01 Combine the Dijon mustard and honey in a jar. Mix well and set aside.
- 02 Preheat the grill to medium heat.
- 03 Place the salmon on a grill pan or mat and brush with 2/3 of the Dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 04 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 05 Remove everything from the grill and brush the salmon with the remaining Dijon glaze. Divide the salmon and zucchini onto plates. Enjoy!

## NOTES

### RECIPE ID 308

### NO GRILL

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.