



1020 M Street, Anchorage, AK 99501
TEL 907-272-3474
TOLL FREE 800-770-2722
info@10thandmseafoods.com

HONEY-DIJON ALASKA SALMON with ASPARAGUS and WALNUTS

PREP TIME: 5 MINUTES COOK TIME: 30 MINUTES SERVINGS: 4

- 1/4 cup honey
- 2 Tablespoons Dijon-style mustard
- 1 Tablespoon melted butter
- 2 teaspoons Worcestershire sauce
- Salt and pepper, to taste
- 4 Alaska Salmon steaks or fillets (4 to 6 oz. each), fresh, frozen or thawed
- 1 pound fresh asparagus spears
- 1/3 cup chopped walnuts

Preheat oven to 400°F. Line a 13x9x2-inch baking pan with Reynolds Wrap® aluminum foil. Combine honey, mustard, butter, Worcestershire sauce, salt and pepper; set aside.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Place salmon portions in center of foil-lined pan. Arrange asparagus around salmon. Sprinkle with walnuts; drizzle with reserved sauce.

Roast 26 to 30 minutes for frozen salmon or 20 to 22 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Note: For best texture, select thinner asparagus spears when cooking with fresh/thawed fish or thicker spears with frozen fish.

Nutrients per serving: 415 calories, 18g total fat, 5g saturated fat, 37% calories from fat, 138mg cholesterol, 40g protein, 27g carbohydrate, 3g fiber, 350mg sodium, 65mg calcium and 1.5g omega-3 fatty acids.