

# Honey Dill Balsamic Salmon

Recipe makes 4 servings, each serving is:

244  
kcal

12 g  
fat

10 g  
carbs

24 g  
pro

## Ingredients

- 16 oz. salmon or steelhead trout, skin removed and diced small

### Honey Dill Balsamic Marinade

- 2-3 Tbsp fresh dill, chopped fine
- 2 Tbsp honey
- 2 Tbsp balsamic vinegar
- 1 Tbsp grainy Dijon mustard
- 1 Tbsp olive oil
- 1 tsp garlic, minced
- Salt & pepper

## Directions

1. Preheat an oven to 375 degrees F.
2. In a small bowl or mason jar, add the ingredients for the marinade and stir or shake well.
3. If desired, cut small slits through the salmon so it can catch some of the marinade.
4. Pour 3/4 of the marinade over the salmon and add it to the oven when it gets to temp.
5. Cook in the oven until the salmon reaches an internal temperature of 140 degrees F, around 15-20 minutes. Add the last 1/4 of the marinade for the final few minutes. When it reaches 140 degrees, remove from the oven and let it rest for 5 minutes.
6. We served it with some rice & roasted asparagus!

**THE NUTRITIONIST**

