



For best quality and flavor, refrigerate after opening.

Amber's Quick Dijon Salmon

2 salmon fillets, 2 tbsp Suzie's Dijon Mustard, 2 tbsp non-fat yogurt or olive oil, 1/2 cup pecan chips, fresh ground pepper to taste
 Preheat oven to 450 degrees. Combine mustard, pecans and olive oil or yogurt, line baking sheet with foil, and spray foil with nonstick spray. Place salmon on baking sheet. Spread mixture over salmon. Add black pepper. Bake 12-15 minutes until fish flakes easily.
 Enjoy with fresh vegetables for a quick, healthy meal!
 Provided by *This Mommy Cooks.*

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Nutrition Facts: Serving Size: 1 heaspoon (50g). Servings Per Container: 68. **Calories** 0. **Fat** Cal: 0. **Total Fat** 0g. 0% DV. **Sodium** 100mg. 4% DV. **Total Carb.** 0g. 0% DV. **Sugars** 0g. **Protein** 0g. 0% DV. Not a significant source of Saturated Fat, Trans Fat, Cholesterol, and Dietary Fiber. Percent Daily Values are based on a 2,000 calorie diet. *DV* represents "Daily Value."

INGREDIENTS: WATER, MUSTARD, SEED, WHITE VINEGAR, WHITE DISTILLED VINEGAR, SALT, SUGAR, CITRIC ACID, OIL, XANTHAN GUM, SPICES.



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