

Seasonal Eating



Honey Mustard Salmon with Asparagus and Mushrooms

2 tablespoons honey
2 tablespoons whole grain mustard
1 teaspoon grated fresh ginger
1/2 clove garlic, minced
2 (6 ounce) pieces salmon, pin bones removed
1/2 bundle asparagus spears trimmed
1/2 pound mushrooms, cleaned and sliced
olive oil
kosher salt
black pepper

In a small bowl, whisk together honey, mustard, ginger and garlic. Place salmon fillets in center of silpat or parchment lined baking sheet, skin side down. Sprinkle with a little salt and pepper and then brush tops with honey mustard mixture. Toss asparagus with a little olive oil, salt and pepper. Add to one side of pan. Toss the mushrooms with another tablespoon of olive oil and sprinkle of salt and pepper. Add to the remaining side of the sheet pan. Bake at 400 degrees for about 15 minutes, until salmon is flaky and cooked through, brushing salmon with more honey mustard about half way through.