

# orange maple glazed salmon

**Makes 4 servings**

RECIPE FROM: [Dishing Out Health](#)

PREP TIME: 10 minutes

COOK TIME: 15 minutes

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1 ¼ lbs center-cut salmon, cut into four fillets

¾ tsp sea salt

1 tsp orange zest, plus 3 Tbsp fresh orange juice (from 1 navel orange)

2 Tbsp maple syrup

1 Tbsp whole-grain Dijon mustard

1 tsp paprika

2 tsp fresh grated ginger

½ cup chopped pecans

finely chopped fresh parsley, for garnish (optional)

PREHEAT oven to 375°F.

ARRANGE salmon in a 9x13-inch baking dish. Pat dry with a paper towel, and season flesh evenly with salt.

COMBINE orange zest and juice, maple syrup, mustard, paprika, and ginger in a medium-size bowl. Mix well. (If desired, set aside 1-2 Tbsp of mixture to spoon over salmon after roasting.)

SPOON or brush mixture over salmon fillets (extra sauce will spill over into the pan).

SPRINKLE chopped pecans evenly over each fillet, gently pressing to adhere to the flesh.

BAKE salmon for 15-20 minutes, depending on thickness, until it easily flakes with a fork.

GARNISH with fresh parsley, if desired.

