



Cedar-Planked Salmon with Mustard Glaze

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 4

Nutrition Information Per Serving

352.5 calories, 5.09 g carbohydrate, 1.32 g fiber, 3.77 g NET carbs, 35.04 g protein, 21.29 g fat

Ingredients

- 3 Tbsp(s) Primal Kitchen Mayonnaise
- 3 tsp(s) Coconut Secret Coconut Aminos
- 2 tsp(s) fresh, organic lemon zest
- 2 tsp(s) honey
- 24 ounce(s) wild Alaskan salmon
- 1 Tbsp organic mustard powder
- 1/2 cup(s) organic, whole grain mustard

Preparation

1. Use natural, chemical free, food-grade cedar planks.
2. Light a grill. Soak cedar planks for 30 minutes in water.
3. Mix mustards, coconut aminos, honey, mayonnaise and lemon zest. Drain planks, pat dry.
4. Place salmon, skin side down, on the planks. Spread sauce over salmon. Place the planks on the grill grate.
5. Cover and cook salmon until just cooked through, about 15 minutes.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.