

# Honey Basil Salmon

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Serves 4

Blue – 3 points

Purple – 3 points

Green – 11 points

- 4 6 oz Salmon filets
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp honey
- 1 Tbsp dijon mustard
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil
- salt and pepper

1. Place salmon in a shallow dish or mixing bowl
2. In a small bowl, mix together oil, lemon juice, honey, mustard and garlic. Stir in basil, season with salt and pepper to taste.
3. Spread mixture over salmon filets, cover loosely and allow to marinate in the fridge for 1 hour.
4. Bake at 375 for 12 minutes or until salmon flakes easily with a fork.

