

Roasted Whole Salmon Fillet

with Dill-icious Maple-Mustard Marinade

GF DF

One of my most popular chicken recipes is called "Dilly Beloved," from my bestselling cookbook, *The Looneyspoons Collection*. (Shameless plug!) I could drink the marinade from a wine glass, it's so tasty! I've reduced the sweetness a bit, added more lemon and used it on a giant salmon fillet so you can feed a crowd. Enjoy!

1 large whole salmon fillet (about 3 lbs/1.4 kg; see Kitchen Whizdom)

Marinade

3 tbsp pure maple syrup
3 tbsp freshly squeezed lemon juice
3 tbsp grainy Dijon mustard
2 tbsp minced fresh dill
1 tbsp balsamic vinegar
1 tbsp olive oil
2 tsp grated lemon zest
1 tsp minced garlic
¼ tsp each sea salt and freshly ground black pepper

1 lemon, very thinly sliced

Spray a 9 x 13-inch baking dish with cooking spray or lightly oil. Place salmon fillet in baking dish and set aside.

In a small bowl or measuring cup, whisk together maple syrup, lemon juice, mustard, dill, vinegar, olive oil, lemon zest, garlic, salt and pepper. Pour over salmon and turn salmon to coat both sides with marinade. Arrange lemon slices over salmon. Cover and refrigerate for 1 to 2 hours.

Preheat oven to 425°F. Roast salmon (with marinade!), uncovered, for about 20 minutes, or until it's cooked through and flakes easily with a fork. Serve with roasted asparagus, steamed green beans, a rice side dish or a leafy green salad.

Makes 8 servings

Per serving: 239 calories, 11.2 g total fat (2 g saturated fat), 29 g protein, 4.6 g carbohydrate (0 g fiber, 4 g sugars), 78 mg cholesterol, 202 mg sodium

KITCHEN
WHIZDOM

Ask the fishmonger (the seafood equivalent of a butcher) to cut a large piece of salmon for you, that way you'll get the exact size you want. Before roasting, I always fold the skinnier fillet ends under the thicker parts so the salmon cooks evenly. I prefer the look and taste of wild versus farmed salmon but *sheesh* it's expensive! Bonus: Wild salmon contains significantly fewer calories and less fat than farmed salmon. Must be all that open-water swimming!



YUM

Tastes great cold, too! The perfect addition to leafy green salads.

YUMMER!

Leftovers? Use them in Lemony Salmon Bow-Tie Pasta, page 140.