

Maple Dijon Glazed Salmon

(Use Oven, or Pan-Fry for Crispy Skin)

Ingredients:

- 4 salmon fillets
- 1/4 cup Dijon mustard
- 2 tablespoons maple syrup
- 1 teaspoon soy sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt

Freezer Instructions:

1. Place salmon and marinade in a freezer bag and freeze.

Cooking Instructions (Oven or Stovetop):

1. Thaw overnight.
2. **Oven Method:** Preheat to **375°F** and bake for **12–15 minutes**.
3. **Stovetop Method:** Heat a pan over medium heat and cook for **3–4 minutes per side**.