

Dijon Salmon Smothered in Onions

by Barb Szyszkiewicz

Makes 4 servings

Ingredients

- 1 1/2 lb. salmon fillet
- baking spray or olive oil for the pan
- 2 TBL Dijon mustard (I used whole grain, but it will work with whatever kind of Dijon mustard you have on hand)
- 2 TBL brown sugar
- 2 cloves garlic, minced
- 2 TBL olive oil
- salt and black pepper to taste
- 2 large sweet onions
- 1 TBL olive oil



Directions

Prepare your baking pan by brushing it with olive oil or spraying with baking spray. Place salmon on the pan.

Mix mustard, brown sugar, garlic, 2 TBL olive oil, and salt and pepper to make a paste. Spread over salmon.

Allow the salmon to marinate about 30 minutes. As the salmon marinates, slice the onions, then caramelize them in a large skillet with 1 TBL olive oil. When they're done, remove from heat, cover, and rest until salmon is cooked.

Preheat the oven to 425. Bake the salmon 15-20 minutes or until done.

Top salmon with caramelized onions before serving.



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