

Mustard and Brown Sugar Salmon

Publix Apron's

Servings: 4

Start to Finish Time: 20 minutes

1/2 cup light mayonnaise

1 tablespoon Italian herb seasoning paste

1/4 cup brown sugar

2 tablespoons spicy brown mustard

1/4 teaspoon curry powder

4 (about 1 1/2 pounds) salmon fillets (skin removed)

olive oil cooking spray

Preheat the grill.

In a small bowl, combine the mayonnaise and seasoning paste. Chill until ready to serve.

In a bowl, combine the brown sugar, mustard and curry powder.

Coat both sides of the salmon with cooking spray.

Place the salmon on the grill. Grill 2 to 3 minutes without turning.

Turn the salmon.

Brush with the mustard mixture.

Close the lid and grill 2 to 3 minutes more or until 145 degrees and the fish flakes easily.

Serve the herb mayonnaise over the salmon.

Per Serving (excluding unknown items): 104 Calories; 6g Fat (48.5% calories from fat); trace Protein; 14g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 153mg Sodium. Exchanges: 0 Grain(Starch); 1 Fat; 1 Other Carbohydrates.