



Dinner Recipes

Cedar Plank Salmon (Crockpot Recipe)



Ingredients:

- 1 cedar plank
- 1 ½ pound salmon filet
- ½ teaspoon salt
- ¼ freshly ground black pepper
- 1 lemon sliced
- 1 tablespoon grainy mustard
- 2 tablespoons maple syrup
- 1 tablespoon butter
- 1 teaspoon minced fresh parsley

Directions:

1. Cut plank to fit in slow cooker. Using tongs, char the plank over an open flame on both sides for 2-3 minutes. Soak plank for 1 hour.
2. Place plank inside slow cooker. Season salmon with salt and pepper on both sides and place in slow cooker. Scatter lemon slices on top of salmon. Cook on low for 2 hours.
3. Throw lemon away.
4. Combine mustard, maple syrup and butter in a saucepan and melt. Pour over the salmon. Garish with parsley.
5. Enjoy!

Serving size 6oz, makes 3 servings.

Nutrition Information:

Meal Plan Blocks:

1 serving (6oz): 121 calories, 18 grams protein, 6 grams carbs, 4 grams fat

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