



NUTRITIONAL WEIGHT & WELLNESS, Inc.  
*educating and counseling people to better health*

## Maple Mustard Grilled King Salmon

1 1/2 - 2 lbs king salmon fillet  
1/4 cup maple syrup  
2 TBSP cider vinegar  
2 TBSP Honey Cup mustard  
2 cloves garlic, minced  
3 TBSP olive oil  
salt and pepper to taste

Combine all ingredients, except salmon, in a bowl and mix well. Coat fillets with mustard mixture and grill for about 3-4 minutes per side, over medium high heat, or bake in a 450 degree oven for 6-8 minutes.

### Facts on Yukon Kings:

- The beautiful fish are caught by Yupik Eskimos, fishermen of the Western Yukon River Delta for over 10,000 years.
- Yukon kings have up to 34% oil content, rich with Omega 3.
- This fishery is a member of the Marine Stewardship Council and their products have been certified as sustainable.
- These salmon come from the salt water gateway of the Yukon River and are vibrant and full of healthy oils, making them the most desirable king salmon in the world.

Recipe provided by Coastal Seafoods – [www.coastalseafoods.com](http://www.coastalseafoods.com)