

Honey Salmon

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INGREDIENTS

- 1 pound wild Alaskan salmon fillet
- 1/2 cup honey mustard
- 3 tablespoons olive oil
- 2 to 3 teaspoons fresh thyme, chopped

Note: Make sure the salmon is wild-caught from Alaska. Farmed fish can contain pesticides and antibiotic residue. Salmon farming also pollutes the ocean, and escaped farmed fish can spread diseases to wild fish.

TIP

If you can't get fresh thyme, chopped scallions work nicely, too.

PREPARATION

1. Whisk olive oil together with honey mustard and spread over the fish. Marinate for at least one hour (overnight is best).
 2. Place the fillet in a baking pan and sprinkle thyme over the top.
 3. Bake, uncovered, at 375 degrees for about 45 minutes.
- Serves 4.