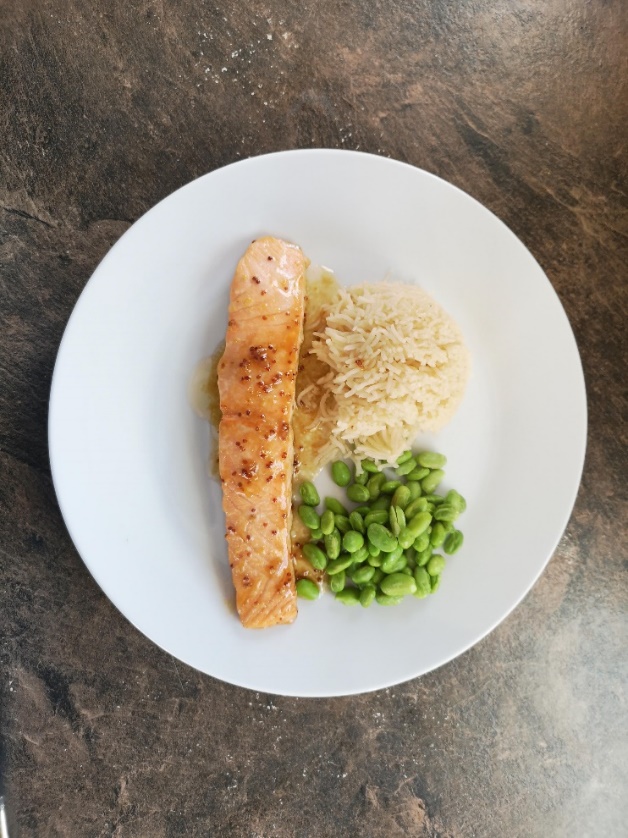
**Maple Mustard Salmon**

**This is a quick and easy one from the Becel website.**

* 1lb salmon fillet, bones removed and cut into 2 pieces
* ¼ cup margarine or butter
* ¼ cup pure maple syrup
* 4 tsp Dijon mustard or grainy Dijon mustard
* 1 tsp soy sauce

1. Preheat oven to 425. Arrange salmon in an 8-inch baking dish
2. Melt margarine/butter, combine with mustard, soy sauce and maple syrup
3. Pour mixture over salmon. Bake 12-15 minutes or until salmon flakes with a fork. Serve hot with extra sauce over the top. Serve with rice.