Honey Mustard Basil Salmon

4	salmon steaks, about 1"(2.5 cm) thick	4
2 Tbsp	olive oil	25 mL
2 Tbsp	lemon juice	25 mL
1 Tbsp	honey dijon mustard (or 1 Tbsp/15 mL	dijon
	mustard mixed with 1tsp/5 mLhoney)	15 mL
2	garlic cloves, minced	2
¼ cup	chopped fresh basil	15 mL
	salt and freshly ground pepper, to taste	

- 1 Place salmon steaks in a shallow baking dish. In a small bowl, mix together olive oil, lemon juice, mustard and garlic. Stir in basil. Season with salt and pepper to taste. Spread mixture over steaks. Place on a plate, cover loosely and allow to marinate refrigerated to 1 hour
- 2 Bake at 375°F(190°C) for 12 minutes or until salmon flakes when pressed with a fork.

Preparation time: 5 minutes Marinating time: 1 hour Cooking time: 15 minutes

Serves: 4