



**Heart & Home**  
*Wellness Table Series*



**Ronald McDonald  
House Charities\***  
Central Ohio

Supported by

**JPMorganChase**

# Napa Valley Glazed Salmon and White Beans

Elegant, gourmet and delicious, this salmon recipe is ready in less than 30 minutes. Serve with grilled leeks over white beans seasoned with vinegar, honey and fresh thyme, or atop gently steamed baby spinach — both are Napa Valley trendy.

Serving Size: 3oz | Servings: 4



## NUTRITION NOTES

- Naturally sweet and antioxidant-rich, **honey** adds flavor while providing quick energy and immune-supporting compounds.
- Earthy and aromatic, dried **thyme** delivers powerful plant compounds that support heart and respiratory health.
- Bold and tangy, **Dijon mustard** boosts flavor with minimal calories while containing beneficial antioxidants.
- Fresh and vibrant, fragrant **lemon zest** brightens the dish and adds vitamin C and natural citrus oils.

# Napa Valley Glazed Salmon and White Beans

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## INGREDIENTS

- 4 tablespoons honey, divided
- 2 teaspoon dried thyme, divided
- 4 teaspoons Dijon mustard, divided
- 1 teaspoon finely grated lemon zest
- juice of lemon
- 1 tablespoons Apple Cider Vinegar
- 1 teaspoon white pepper
- 1 can white beans (cannellini or great northern)
- 5- 5oz pieces of Salmon

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Combine honey, thyme, mustard, lemon zest and pepper in a small bowl. Arrange salmon, with the skin side down, in a shallow roasting pan lined with cooking foil. Using the back of a spoon, spread the honey mixture to coat the top of each fillet.
3. Bake, uncovered, for 20 minutes, or until the internal temperature reaches 145°F and flesh is opaque and flakes with a fork.
4. In a bowl, combine beans, 2 Tablespoons honey, 1 teaspoon thyme, juice of lemon, 1 Tablespoon apple cider vinegar. Mix together. Serve with Salmon.

**Nutrition Profile:** Mediterranean Diet | Heart-Healthy | High-Protein | Omega-3 Rich | No Added Sugar | Dairy-Free | Nut-Free | Egg-Free | Gluten-Free | Diabetes-Friendly | Weight Loss Friendly | Pregnancy-Friendly | Soy-Free

## NUTRITION FACTS *(per serving)*

Serving Size: 3oz | Servings Per Recipe: 4 | Calories: 270

- 11g Total Fat
- 1.5g Saturated Fat
- 90mg Cholesterol
- 135mg Sodium
- 10g Total Carbohydrate
- 0g Dietary Fiber
- 32g Protein

\*Salmon is a good source of omega-3 fatty acids; it is recommended to consume at least 2 servings of fish every week! Highlight beans as a high fiber protein source with no cholesterol or saturated fat.

*\*Nutrition information provided directly by [eatright.org](http://eatright.org) and reflects values listed at the time of publication. Recipe sourced from: [eatright.org](http://eatright.org)*