

Mark's Kitchen

drhyman.com

Eating well doesn't have to take a lot of time, this Easy Dijon Chicken or Salmon recipe from David Ludwig's new book, [Always Delicious](#), is proof of that. You can use fish or fowl, either way you end up with a high-quality, complete protein that pairs well with numerous veggies. You can also be flexible with what types of herbs you add in—like rosemary or tarragon, both of which are known to improve digestion and provide natural antibacterial effects. This is a great go-to weeknight meal that tastes like it took much longer to prepare!

Easy Dijon Chicken or Salmon

Ready in: 20 minutes for salmon, 50 minutes for chicken

Serves: 4

Ingredients:

- 1 teaspoon extra virgin olive oil for chicken, 1 tablespoon for salmon
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 teaspoons Dijon or spicy brown mustard
- ½ to 1 teaspoon dried thyme, rosemary, tarragon, or other herbs of your choice
- 2 pounds bone-in, skin-on, free-range chicken thighs *or* 1 ½ pounds skin-on, wild-caught salmon fillets

Directions:

Step 1: Preheat the oven to 350°F.

Step 2: Combine the olive oil, salt, pepper, mustard, and herbs in a small bowl.

Step 3: Rub the mustard mixture over the chicken and under the chicken skin or on both sides of the salmon until completely covered. Cook immediately, or for a more flavorful dish, cover and set aside in the refrigerator to marinate for at least 1 hour; salmon should marinate for no longer than 3 hours.

Step 4: Place the chicken or salmon skin-side up in a 9-inch square baking dish or medium baking sheet. Bake the chicken for 45 minutes or the salmon for 15

minutes, or until cooked through. For chicken, if there are juices in the pan, use them to occasionally baste while cooking by spooning the juice in the baking dish over the chicken.

Step 5: If desired, broil for 1 to 2 minutes at the end of the cooking time for crispier skin.

Nutritional analysis per serving (chicken): calories 307 • fat 21g • carbohydrate 0g
• sugar 0g • protein 29g

Nutritional analysis per serving (salmon): calories 272 • fat 14g • carbohydrate 0g
• sugar 0g • protein 34g