

Maple Bacon Dijon-Glazed Salmon

12 oz. salmon fillets
8 oz. broccoli florets
1 red bell pepper
1 fl. oz. pure Vermont maple syrup
1 oz. butter
½ oz. Dijon mustard
½ oz. crumbled bacon
½ tsp. garlic salt

Pat salmon fillets dry, and season flesh side with ¼ tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium heat and add 1 Tbsp. olive oil. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145°F, 5 to 6 minutes per side. Transfer salmon to a plate. Wipe pan clean and reserve. While salmon cooks, prepare ingredients and cook vegetables. Stem, seed, remove ribs, and dice red bell pepper into 1-inch dice. Cut broccoli into bite-sized pieces. Place a large non-stick pan over medium heat and add 2 Tbsp. olive oil. Add broccoli, red bell pepper, seasoning blend, and 2 Tbsp. water to pan. Cover, and cook until water is almost completely evaporated, 5 to 6 minutes. Uncover, and stir occasionally until tender, 2 to 3 minutes. Remove from burner. Return pan used to cook salmon to medium heat. Add bacon to hot, dry pan and cook, 1 minute. Add maple syrup, mustard, and 1 Tbsp. water. Bring to a simmer. Once simmering, stir occasionally, 1 minute. Remove from burner. Stir in butter. Plate dish topping salmon with glaze.

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