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**Southern Sorghum Roasted Salmon**

*Lightly glazed super moist roasted citrus flavored salmon supper dish*

Cooking oil spray as desired  
2 large fresh lemons, zest and juice  
2 large fresh oranges zest and juice  
2 Tablespoons sorghum or dark corn syrup  
2 Tablespoons whole grain mustard, divided  
1/8 teaspoon ground black pepper  
1-1/4-pound salmon fillets (cut into 4 fillets)

**Before Starting:** Generously oil 10-inch cast iron pan or foil lined an cooking oil sprayed medium sized baking pan. Preheat oven to 450 degrees F.

**Combine Citrus Juices:** Grate about 1/2 teaspoon lemon zest and 1 teaspoon orange zest; set aside in a small shallow bowl. Remove the juice from the oranges and lemons (about 5 Tablespoons) into small bowl; set aside.

**Prepare Glaze:** Stir to combine sorghum, 1 Tablespoons combined citrus juice, 1 Tablespoon mustard, and black pepper into the reserved lemon/orange zest. Set aside.

**Prepare for Roasting:** Pat fish with paper towels to remove excess liquid. Dip or spoon each fish fillet with the sorghum mixture to coat. Arrange fish skin side down evenly spaced into prepared oven skillet or baking pan.

**Roast Salmon:** Roast for 5 minutes; drizzle 2 Tablespoon orange/lemon citrus juice over the salmon fillets; continue roasting about 4 minutes or until salmon is cooked to 125 to 130 degrees F. Drizzle with 1 Tablespoon mustard mixed with 2 Tablespoons orange/lemon citrus juice; cover; broil under hot broiler about 1 minute to lightly brown. Remove from oven; drizzle pan dripping over fish fillets. Yield: 4 servings

Serve with **Braised Chard with Radishes**

2 Tablespoon avocado or olive oil  
1 onion, peeled, chopped  
4 ounces mushrooms, cleaned, sliced  
1 garlic clove, peeled, minced  
Salt; freshly ground black pepper to taste  
6 cups chard leaves, washed, sliced, chopped  
4 Tablespoons water, divided  
2 teaspoons lemon juice  
6 red radishes, trimmed, halved or quartered  
1/4 cup pistachios, coarse chopped

**Cook Greens:** In 10-inch cast iron skillet, heat oil. Add onions, sauté about 5 minutes; add mushrooms; cover; cook to soften about 5 minutes; stir in garlic; cook until fragrant, about 1 minute; season with salt and black pepper to taste. Add 2 cups chard with about 4 Tablespoons of water, slowly add 2 more cups chard greens and half of the radishes. Cook, stirring occasionally until leaves wilt a little, add the remaining chard, 2 teaspoons lemon juice, the remaining radishes Cook, stirring until hot and wilted but still a bright green. Stir in chopped pistachios. Spoon onto serving platter. Arrange salmon fillets over braised greens.

**Cook's Note:** If a sweeter glaze is desired, increase the amount of sorghum in the recipe.

**About the Recipe:** These fresh citrus flavored salmon fillets are easy to cook and prepare. They are coated with a light sorghum sweetness and spiced with whole grain mustard. They are a healthy protein and delicious, served on a bed of braised medley of onions, mushroom, and chard greens. Pair the dish with golden sweet potato mash.