



At Maille, we believe firmly that the right ingredients can truly define a meal. With Maille's exceptional taste, just a spoonful can turn any food into a culinary experience! The versatility of Maille is the best kept secret to enhance any dish, bringing excitement to your veggies, whole-grains and lean protein like fish and chicken.



Badges



High in Fiber: Our high-in-fiber recipes are designed to help you get more fiber in your diet. Recipes that are high in fiber contain at least 6g of fiber per serving.



Sensible Sodium: The 2015-2020 Dietary Guidelines for Americans recommend consuming no more than 2300 mg of sodium per day. Our Sensible Sodium recipes for main dishes, small dishes (e.g. side dishes, protein dishes, soups) and all other recipes contain no more than 600 mg, 350 mg and 230 mg of sodium per serving respectively.



Our **gluten-free** recipes do not contain gluten, a protein found in many foods including wheat, rye, barley, oats, etc. *The Maille product in these recipes is gluten free. Always check the label of all other ingredients you use to ensure they are gluten-free.



Plant Based: Rethink the center of your plate with these recipes that are mainly made from plant-derived foods, but may contain small amounts of animal-derived ingredients.



RECIPE INSPIRATION

Savory Roasted Cauliflower & Walnut Tacos

6 SERVINGS - PREP TIME: 15 MINS - COOK TIME: 20 MINS



- | | |
|---|--------------------------------------|
| 1 small head cauliflower, cored and cut into bite-size pieces (about 6 cups) | 1 Tbsp. olive oil |
| 1 small onion, chopped | 1 large clove garlic, finely chopped |
| 1/2 cup PLUS 1 Tbsp. Maille® Dijon Originale Traditional Dijon Mustard, divided | 1/2 cup sour cream or plain yogurt |
| | 1/4 cup chopped fresh cilantro |
| | 1 tsp. fresh lemon juice |
| | 1 cup toasted walnuts, chopped |
| | 12 corn tortillas, warmed |

Preheat oven to 450°. Toss cauliflower, onion, 1 Tbsp., Maille® Dijon Originale Traditional Dijon Mustard, olive oil and garlic in large bowl.

Spray rimmed baking sheet with no-stick cooking spray, then spread cauliflower mixture in an even layer. Roast 25 minutes or until lightly browned and tender.

Combine remaining 1/2 cup Mustard, sour cream and cilantro in medium bowl. Remove 1/2 cup; stir in lemon juice and reserve for serving. Toss roasted cauliflower and walnuts with remaining Mustard mixture and serve in warmed tortillas with shredded cabbage or lettuce. Top with reserved sour cream mixture and, if desired, chopped avocado.

Tip: In a hurry? Use bagged cauliflower florets instead.



Nutrition information per serving: Calories 330, Total Fat 22g, Saturated Fat 3.5g, Trans Fat 0g, Cholesterol 10mg, Sodium 580mg, Total Carbohydrate 28g, Dietary Fiber 5g, Sugars 6g, Protein 9g, Calcium 82mg, Iron 2mg, Potassium 500mg

Roasted Potatoes

4 SERVINGS

PREP TIME: 10 MINS - COOK TIME: 1 HOUR



- | | |
|---|--------------------------------|
| 2 Tbsp. Maille® Old Style Mustard | 1 cup roughly chopped shallots |
| 2 Tbsp. olive oil | 1 Tbsp. chopped parsley |
| 1 1/4 lbs. red new potatoes, quartered (about 2 cups) | 1 tsp. fresh thyme |

Preheat oven to 400°.

Combine Maille® Old Style Mustard with olive oil in large bowl. Add potatoes and shallots; toss. Arrange in 13 x 9-in. baking dish. Bake until potatoes are tender and slightly brown, about 1 hour. Sprinkle with parsley and thyme. Season, if desired, with salt and ground black pepper. Also terrific with Maille® Traditional Dijon or Honey Dijon Mustard.

Nutrition information per serving: Calories 200, Total Fat 8g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 180mg, Total Carbohydrate 29g, Dietary Fiber 4g, Sugars 5g, Protein 4g, Calcium 31mg, Iron 2mg, Potassium 785mg



RECIPE INSPIRATION

Maple Mustard Salmon

4 SERVINGS

PREP TIME: 10 MINS - COOK TIME: 12 MINS



- | | |
|--|----------------------------------|
| 1 lb. salmon fillet, bones removed and cut into 4 pieces | 3 Tbsp. maple syrup |
| 2 Tbsp. margarine | 2 tsp. Maille® Old Style Mustard |
| | 1 tsp. low sodium soy sauce |

Preheat oven to 425°F. Arrange salmon in 8-in. baking dish.

Microwave margarine at HIGH until melted about 15 seconds. Stir in maple syrup, Maille® Old Style Mustard and soy sauce. Pour over salmon.

Bake until salmon flakes with a fork, about 12 minutes. Serve, if desired, with hot rice and vegetables.

Delicious with your favorite rice and vegetable side dishes.

To cook on the grill, arrange salmon in center of doubled 18 x 18-in. piece heavy-duty aluminum foil, then top with mustard sauce. Wrap foil loosely around salmon, sealing edges airtight with double fold. Arrange packet on grill and cook until salmon flakes with a fork, about 12 minutes.

Nutrition information per serving: Calories 260, Total Fat 13g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 60mg, Sodium 190mg, Total Carbohydrate 10g, Dietary Fiber 0g, Sugars 9g, Protein 23g, Calcium 32mg, Iron 1mg, Potassium 601mg



Quinoa & Roasted Root Vegetables

8 SERVINGS - PREP TIME: 10 MINS - COOK TIME: 30 MINS



- | | |
|---|--|
| 1/2 cup olive oil, divided | 1 small red onion, coarsely chopped, (about 1 cup) |
| 6 Tbsp. Maille® Rich Country Dijon Mustard Blend, divided | 2 Tbsp. white balsamic vinegar |
| 1 small sweet potato, peeled and cut into chunks, (2 cups) | 2 cups cooked, cooled quinoa |
| 1 medium parsnip or turnip, peeled and cut into chunks, (about 1 cup) | 1/2 cup dried cranberries |
| | 1/2 cup coarsely chopped toasted pecans |

Preheat oven to 425°. Spray rimmed baking sheet with no-stick cooking spray.



Combine 1 Tbsp. olive oil with 3 Tbsp. Maille® Rich Country Dijon Mustard Blend in large bowl. Add vegetables and toss. Arranged on prepared pan and bake 30 minutes or until golden and tender.

Combine remaining 7 Tbsp. olive oil, 3 Tbsp. Mustard and vinegar in large bowl. Add quinoa, dried cranberries and pecans and toss. Gently stir in roasted vegetables and season, if desired, with salt and pepper.

Nutrition information per serving: Calories 360, Total Fat 21g, Saturated Fat 2.5g, Trans Fat 0g, Cholesterol 0mg, Sodium 240mg, Total Carbohydrate 38g, Dietary Fiber 6g, Sugars 12g, Protein 5g, Calcium 39mg, Iron 2mg, Potassium 393mg

RECIPE INSPIRATION

Cider Braised Chicken over Greens

4 SERVINGS - PREP TIME: 10 MINS - COOK TIME: 30 MINS



- | | | |
|--|--|-------------------|
| 1 Tbsp. olive oil | 1 1/4 lbs. boneless, skinless medium shallot, halved lengthwise and sliced | 1 cup apple cider |
| 1/4 cup Maille® Rich Country Dijon Mustard Blend | 1 cup tightly packed baby spinach leaves | |

Heat olive oil in large nonstick skillet over medium-high heat and cook shallot 2 minutes, stirring, until starting to brown. Remove from skillet and set aside.

Brush Maille® Rich Country Dijon Mustard Blend on chicken and cook in same skillet over medium high heat, 6 minutes, turning once. Pour apple cider in skillet and bring to a boil. Reduce heat to medium-low and simmer, covered, 20 minutes or until chicken is thoroughly cooked. Remove chicken and keep warm.

Bring cider to a boil over medium-high heat and cook until slightly thickened. Stir in spinach leaves and shallots and cook 1 minute. Serve chicken with spinach and sauce. Season if desired, with salt and pepper.

Nutrition information per serving: Calories 300, Total Fat 14g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 115mg, Sodium 450mg, Total Carbohydrate 12g, Dietary Fiber 2g, Sugars 8g, Protein 31g, Calcium 57mg, Iron 3mg, Potassium 40mg



Pink Grapefruit & Beet Salad with Greens

8 SERVINGS - PREP TIME: 20 MINS - COOK TIME: 20 MINS



Dressing:

- | |
|-------------------------------------|
| 1/2 cup olive oil |
| 2 Tbsp. Maille® Honey Dijon Mustard |
| 2 Tbsp. white balsamic vinegar |

Salad:

- | | |
|--|---|
| 1 cup uncooked farro, cooked according to package directions and cooled (about 3 cups) | white pit removed, sliced, slices quartered, (about 3 cups) |
| 6 cups spring salad mix | 2 cups bite-size chunks cooked beets |
| 1 large pink grapefruit, peel and | 1/4 cup toasted pumpkin seeds |
| | 1/4 cup crumbled feta cheese |

For Dressing, whisk all ingredients in small bowl; set aside.



For Salad, gently toss farro, spring mix, grapefruit, beets, 2 Tbsp. pumpkin seeds, 2 Tbsp. feta and half of the dressing in large salad bowl. Sprinkle with remaining seeds, feta and drizzle with remaining dressing. Season, if desired, with cracked black pepper.

Nutrition information per serving: Calories 270, Total Fat 17g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 5mg, Sodium 240mg, Total Carbohydrate 25g, Dietary Fiber 3g, Sugars 8g, Protein 7g, Calcium 76mg, Iron 2mg, Potassium 155mg