

HONEY SOY-GLAZED SALMON

INGREDIENTS:

Salmon

- 12 oz skinless salmon
- 1 tablespoon olive oil

Honey Soy Marinade

- 4 cloves garlic, minced
- 2 teaspoons ginger, minced
- ½ teaspoon red pepper
- 1 tablespoon olive oil
- ½ cup less sodium soy sauce
- ½ cup honey

DIRECTIONS:

1. Place the salmon in a sealable bag or medium bowl.
2. In a small bowl or measuring cup, mix marinade ingredients.
3. Pour half of the marinade over the salmon.
4. Save the remaining marinade for later.
5. Let the salmon marinate in the refrigerator for at least 30 minutes.
6. In a medium pan, heat the oil.
7. Add the salmon to the pan and discard the used marinade.
8. Cook the salmon on one side for about 2-3 minutes, then flip over and cook for an additional 1-2 minutes.
9. Remove the salmon from the pan. Pour in the remaining marinade and reduce to a sauce-like consistency.
10. Serve the salmon with the sauce and a side of veggies. We used broccoli.