



Salmon Marinade



Estimated Time: 45-60 mins

Nutrition Per Serving

6 Servings (1/3 lbs. per serving)

Calories	260
Protein	32g
Total Carbohydrates	24g
Net	24g
Sugar	23g
Fiber	0.19g
Total Fat	4.9g
Saturated Fat	0.3g
Polyunsaturated Fat	0.01g
Monounsaturated Fat	0g
Trans Fat	0g
Cholesterol	87.69mg
Minerals	
Sodium	612mg
Potassium	58mg
Phosphorus	19.38mg
Calcium	5.9mg

Recipe provided by
Suzanne Ruff

Ingredients

- 2 lbs. of wild caught salmon
- 1/2 cup honey
- 1/4 cup low sodium soy sauce
- 1 tablespoon toasted sesame oil
- 3 tablespoon lemon juice
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon black pepper
- Olive oil cooking spray

Directions

1. Rinse fish fillets and pat dry.
2. In a large mixing bowl, combine honey, soy sauce, toasted sesame oil, lemon juice, red pepper flakes, and black pepper to create a marinade.
3. Pour mixture over salmon, meat side down, and marinate for 30-40 minutes.
4. Preheat oven to 350°F.
5. Lightly grease a 9" X 13" pan with olive oil cooking spray.
6. Transfer fish, skin side down, to the greased pan and drizzle marinade over the fish.
7. Bake fish for 15-20 minutes, or until the fillets are flaky and opaque.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.