

HONEY GARLIC GLAZED SALMON

This simple dinner can be made in 25 minutes. The honey garlic sauce boosts the juiciness and flavor of the salmon. Serve the salmon with brown rice and roasted vegetables to make a nutritious meal.

Yield= 4 servings

- 1/3 cup **honey**
- ¼ cup lower sodium **soy sauce**
- 2 tbsp **lemon juice**
- 1 tsp **red pepper flakes**
- 3 tbsp extra virgin **olive oil**
- 4, 6-oz **salmon** fillets, patted dry with a paper towel
- Freshly ground **black pepper**
- 3 cloves **garlic**, minced
- 1 **lemon**, sliced into rounds

Instructions

1. In a medium bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.
2. In a large skillet over medium-high heat, heat two tablespoons oil. When oil is hot but not smoking, add salmon skin-side up and season with pepper. Cook salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.
3. Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.
4. Garnish with sliced lemon and serve.

Per Serving- Calories: 429, Saturated Fat: 2.9g, Sodium: 709mg, Total Sugars: 25g



Recipe featured in the April 2021 issue of Beyond Hunger's Nutrition Newsletter and was adapted from Delish.com