

Marinated Salmon

Recipe submitted by Audrey Arnold

Ingredients:

4 salmon fillets 4-6 oz each
4 TBS olive oil
1-1/2 tsp honey
1-1/2 TBS soy sauce
1 tsp. lemon zest
2 tsp. chopped parsley (fresh if you have it)
2 tsp. thyme (also fresh if you have it)
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. minced garlic
Lemon wedges for serving

Directions

Place olive oil, honey, soy sauce, zest, parsley, thyme, salt and pepper in a bowl and whisk to combine.

Reserve 1 tbs. For later use. Add garlic to bowl.

Add salmon and marinade to resealable freeze bag and seal. Shake to coat and marinate for at least 5 hours in the fridge.

Remove the salmon from the marinade and scrape off any excess bits of herbs or garlic (if you are going to grill it)

Grilling instructions: preheat an outdoor grill or indoor grill pan over med. High heat. Add salmon and cook 5 to 6 minutes on each side or until salmon is opaque.

Oven instructions: preheat oven 425 degrees. Place salmon on a sheet pan lined with cooking spray. Add the extra marinade to the salmon (1 tbs).

Bake 15 minutes or until salmon is cooked through. Take a fork and if the meat flakes off, its done.

Using this method, you do not have to take all the marinade off the salmon before cooking.

Serve with lemon wedges if desired.

Notes

A few tips from Audrey:

Nutritional Information:

274 CAL. 4 CARB, 23 PROTEIN
17 G FAT. CHOL. 62 MG. SODIUM
592 MG

The honey brings out the sweetness of the salmon and you do not have to put anything on the salmon.

Be sure and marinate it at least 5 to 6 hours as it brings out the flavor. I turn the salmon several times while it is in the bag.