



# Teriyaki Salmon

## Ingredients

- 2-4 salmon filets
- ¼ cup soy sauce
- ¼ cup honey
- ½ tsp ginger, fresh or ground
- 1 garlic clove

## Directions

1. Add raw salmon filets to a large plastic bag or glass container; Prepare marinade in a large bowl: Combine soy sauce, honey, garlic, ginger, and water
2. Whisk marinade ingredients and pour over salmon filets; Allow to marinate in fridge for several hours or overnight
3. Preheat oven to 425 F; Transfer salmon filets to a baking sheet lined with parchment paper
4. Bake for 10-15 minutes, or until desired doneness; Flake salmon apart to check
5. Serve with rice and a steamed vegetable, like asparagus or broccoli; Enjoy!

## Equipment

Whisk  
Baking sheet  
Large container  
Large bowl

Cost: \$ \$

Ease: 

**Health Benefit:** Salmon contains proteins and fats that benefit heart and brain health. Garlic and ginger are anti-inflammatory and promote longevity. Honey is a natural sweetener with antioxidants.