



Maple Soy Glazed Salmon

Makes 4 servings

Ingredients

3 tablespoons pure maple syrup
3 tablespoons reduced sodium soy sauce (or gluten-free soy sauce)

1 tablespoon sriracha hot sauce
1 clove garlic, smashed
4 (6 ounces) wild salmon fillets, skinless

Instructions

1. Combine maple syrup, soy sauce, sriracha and garlic in a small bowl; pour into a gallon-sized resealable bag and add the salmon. Marinate 20 to 60 minutes, turning once in a while.
2. Preheat oven to 425 degrees. Lightly grease a baking sheet with nonstick spray. Remove the fish from the marinade and pat dry with paper towels. Pour the marinade in a small saucepan.
3. Place the fish on the baking sheet and cook 8 to 10 minutes. Meanwhile, bring the marinade to a simmer over medium heat and reduce until it thickens into a glaze. Spoon over fish just before eating.

Nutrition Facts

Serving size: 1 piece; calories per serving: 293; total fat: 11g; saturated fat: 0.5g; cholesterol: 94mg; sodium: 570mg; carbohydrates: 12g; fiber: 0g; sugars: 10g; protein: 35g

Source: www.skinnytaste.com

