

MAPLE-SOY GLAZED SALMON & ROASTED VEGETABLES

gluten & dairy free recipe

serves 4

For Salmon:

1 1/4 lb SALMON FILLET (preferably wild)
1/4 cup 100% PURE MAPLE SYRUP
2 tbsp SOY SAUCE, LOWER SODIUM*
1 tsp RICE VINEGAR
1 clove GARLIC, minced (or 1/4 tsp garlic powder)
1 tsp FRESH GINGER, minced (or 1/2 tsp ground ginger)
SEA SALT AND PEPPER TO TASTE
1/2 tsp SRIRACHA HOT SAUCE (optional)
2 GREEN ONIONS, sliced
SESAME SEEDS, for garnish (optional)

For Vegetables:

1 large YELLOW or RED BELL PEPPER, cut into thick slices
1/2 large RED ONION, cut into chunks
1 large ZUCCHINI W/SKIN, cut in half and sliced
8 oz WHOLE MUSHROOMS (I used Monterey)
1 tbsp OLIVE OIL, EXTRA VIRGIN
3/4 tsp GARLIC POWDER
1/4 tsp CRUSHED RED PEPPER (optional or to taste)

**Gluten free option: Use wheat free tamari soy sauce or liquid aminos for soy sauce.*

1. In a small bowl whisk maple syrup, soy sauce, rice vinegar, garlic clove, ginger, hot sauce, black pepper and salt if using. Cut salmon fillet into 4 equal size pieces and place skin side down in a shallow baking pan. Spoon half the amount of maple glaze over salmon, cover tightly and refrigerate for 30 minutes (reserve remaining glaze to baste while cooking).

2. Preheat oven to 425 degrees. On a cooking sprayed large rimmed baking sheet, toss vegetables and mushrooms with olive oil, sea salt, black pepper and garlic powder, until well coated. Roast in the oven for 15 minutes, turn and cook an additional 8-10 minutes. Remove from oven and sprinkle with crushed red pepper if desired.

3. Turn oven heat up to 450 degrees. Place marinated salmon skin side down on a baking sheet or broiling pan lined with foil and sprayed with cooking spray. Roast for 5 minutes in the oven. Baste with glaze and cook another 5 minutes. Top with any remaining glaze and broil for 2-3 minutes or until golden brown. Serve salmon garnished with sliced green onions and sesame seeds if desired, and roasted vegetables on the side. Serves 4, one piece of salmon and 1/4 of vegetables.

VARIATIONS: Use any favorite vegetable like asparagus, broccoli or carrots in the side dish.

NUTRITION INFO PER SERVING (salmon & veggies): 340 calories, 13g fat, 2g sat fat, 80mg cholesterol, 24g carb, 3g fiber, 15g sugar, 33g protein