



Orange Miso Glazed Salmon

I will admit it, I'm not a fish fan. Growing up we were forced to eat fish on Fridays and it usually consisted of over cooked fish, fish sticks, tuna noodle casserole or canned salmon patties. But, I've done my best to venture into more fish because I know it is so good for you. This super easy dish can be thrown together in about a half hour and honestly, I love it!

Ingredients:

- 1 lb. wild salmon cut into 5 ounce servings
- 1 tbsp white miso
- 1 clove garlic minced*
- 1-2 tsp minced ginger*
- 2 tsp sesame oil
- 1 tbsp soy sauce or tamari
- 1 tbsp honey
- zest of one orange
- juice of 1/2 orange
- 1 tsp cornstarch
- Salt & Pepper
- Optional - sesame seeds and/or sliced green onion to sprinkle on top after cooking

Whisk all the wet ingredients together, adding the cornstarch last. Lightly sprinkle the salmon with salt and pepper. Baste the salmon in the glaze and let sit for about 15 minutes while you toss an easy salad or prepare some vegetables to serve with the salmon. (Asparagus goes well as does sautéed spinach and bok choy.) After the salmon has sat for 15 minutes, place in a 425 degree oven for about 10 minutes or until desired doneness. Note, time will vary depending on the thickness of the salmon. Salmon is done when it can easily be pulled apart. Try not to overcook as it will get dry. Sprinkle with sesame seeds and/or sliced green onion and serve.

*Trader Joe's has frozen minced garlic and ginger, which makes this dish even easier!