



# GINGERED SALMON

MAKES 4 SERVINGS

## INGREDIENTS

4 – 5OZ WILD-CAUGHT SALMON FILETS

1/4 CUP FRESH GINGER ROOT, GRATED

2 CLOVES GARLIC, CHOPPED

1 TSP CAYENNE PEPPER

1 TBSP PURE MAPLE SYRUP

1/4 CUP AVOCADO OIL

## METHOD

PREHEAT OVEN TO 425 DEGREES F. PLACE SALMON FILETS FACE UP ON A BAKING PAN. IN A BOWL, COMBINE REMAINING INGREDIENTS; MIX WELL. USING THE BACK OF A SPOON OR A PASTRY BRUSH, LIGHTLY BRUSH THE OIL & SPICE MIXTURE ONTO THE SALMON STRIPS. PLACE DRESSED SALMON IN OVEN FOR 15-20 MINUTES (ABOUT 15 MINUTES PER 1" HEIGHT) OR UNTIL FISH FLAKES WITH FORK.

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