

Quick Honey Ginger Glazed Salmon Recipe

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Ingredients:

- 2 salmon fillets
- 2 tbsp honey and a smidge for good luck.
- 1 tbsp olive oil
- 1 tsp minced garlic
- 1/2 tsp of ginger
- Salt and pepper to taste



Instructions:

Preheat the oven to 375°F (190°C).

- Mix honey, olive oil, minced garlic, ginger, salt, and pepper in a bowl. Marinate salmon filets for approx hour at room temperature.
- Place salmon fillets on a baking sheet lined with parchment paper.
- Brush the honey mixture evenly over the salmon.
- Depending on the thickness of the filets. Bake for 15-20 minutes or until the salmon is just about cooked. When salmon is removed from the oven, it will continue to cook.

Serve with a side of sautéed leafy greens and vegetables for an extra anti-inflammatory boost. Eat the Rainbow.



This information is not intended to diagnose, treat, cure, or prevent any disease for educational purposes only. Always consult with your physician.