

Sweet and Sour Glazed Salmon

Prep Time

20 minutes

Cooking Time

10 minutes

Yields

4 servings

Ingredients

4 wild salmon filets
¼ cup apple cider vinegar
¼ cup sesame oil
¼ cup tamari
1 tbsp lemon juice
1 tbsp honey
2 tbsps warm water

Directions

1. Set broiler to high heat.
2. Rinse salmon filets, pat dry, and set aside in broiling dish.
3. Allow to come to room temperature.
4. Combine apple cider vinegar, sesame oil, tamari, and lemon juice in measuring cup and whisk well.
5. Mix honey with warm water to create simple syrup and whisk into other liquid ingredients.
6. Pour marinade over salmon and let sit for 10 minutes.
7. Broil for eight minutes, until flesh is opaque. Time will depend on thickness. For a 1-inch thick filet, eight minutes will be perfect.

Credit

Used with permission from The Integrative Nutrition Cookbook, 2016