

## Honey-Soy Salmon – 4 Servings

1 lb. skinned salmon fillet – cut into 4 servings  
1 tbsp. reduced sodium soy sauce  
1 tbsp. rice vinegar  
1 tbsp. balsamic vinegar  
1 tbsp. honey  
1 tsp. fresh ginger – minced  
1 scallion – minced  
1 tsp. sesame seeds – toasted

### Recipe:

450 grams, 1060 Calories, 94 Pro, 0 Cho, 60 Fat, 930 Na

### Serving:

115 grams, 265 Calories, 24 Pro, 0 Cho, 15 Fat, 232 Na



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Salmon is a great source of protein, Omega-3 fatty acids, and vitamin D. It's also a good source of cholesterol. Honey-Soy Salmon is an easy way to get lots of good nutrients while enjoying a delicious meal.

For your ingredients, you will need: 1 scallion-minced; 2 tbsp low-sodium soy sauce; 1 tbsp rice vinegar; 1 tbsp honey; 1 tsp minced fresh ginger; 1 lb salmon fillet (skinned) cut into 4 servings; and 1 tsp toasted sesame seeds.

Whisk together your scallion, ginger, soy sauce, rice vinegar, balsamic vinegar, and honey until the honey dissolves. Pour 3 tbsp of the marinade over the salmon in a sealable plastic bag. Let it marinate for 15 minutes or longer in the refrigerator. In the meantime, preheat the broiler on low. Line a baking sheet with foil and place salmon on the baking sheet. Broil salmon for 6-10 minutes until cooked through. While salmon is cooking, toast sesame seeds on med-high heat until lightly browned. Salmon should flake when poked with a fork. Remove salmon from broiler, drizzle with remaining marinade, top with toasted sesame seeds, and ENJOY!