

RESIDENT AND FAMILY

Recipe

CONTEST WINNER

Baked Glazed Salmon

KASANDRA
HERON PLACE – NAMPA, IDAHO
CATEGORY: HEART HEALTHY

SERVES: 5

SERVING SIZE: 3 OZ.

INGREDIENTS

- 2 lbs. salmon, fillet no skin
- 2 tbsp lemon juice
- 2 tbsp honey
- 2 tsp ginger, fresh minced
- 1 tbsp fresh thyme
- Salt & Pepper to taste
- 1 lemon, sliced (optional)

DIRECTIONS

1. Preheat oven at 400 degrees.
2. Grease pan with cooking spray.
3. Place salmon on baking sheet or glass baking pan and season with salt and pepper.
4. In a separate bowl, mix lemon juice, honey, ginger and thyme.
5. Pour over salmon. Add lemon slices (optional).
6. Bake for 8-10 minutes.

