

Lime Ginger Salmon

Yield: 6 servings



Ingredients

- 6 x 6 oz sockeye salmon fillets, skin on or off*

Lime Ginger Marinade:

- 1 tbsp olive oil, extra virgin Coupons
- 1 tbsp [maple syrup](#) or [raw honey](#)
- 1 large lime, juice and zest of
- 1 tsp ginger, grated
- 1 tsp salt
- 1/8 tsp black pepper, ground
- Cooking spray (I use [Misto](#))

Sleeping Troubles?

Discover An FDA-Approved
Treatment Option To Help Insomnia.
www.help-treat-insomnia.com

Directions

1. In a small bowl, whisk **Lime Ginger Marinade** ingredients. Spread 3/4 of it on the bottom of baking dish or platter. Lay down salmon fillets flesh side down into the marinade and let marinate for about 10 minutes.
2. Turn on oven's broiler on High and position top oven rack 5" - 6" below the heat source. Line large baking sheet with [unbleached parchment paper](#), spray with cooking spray and place salmon fillets skin side down (if any). Coat with remaining marinade.
3. Broil for 12 minutes, rotating baking sheet to ensure proper browning and prevent burning. Serve hot with [Cilantro Coconut Brown Rice](#).

Storage Instructions: Refrigerate in [a glass airtight container](#) for up to 3 days.

Notes

*Any firm white fish would work as great. I can think of snapper, halibut, cod, rockfish.

The recipe and images are property and copyright of iFOODreal.com