

Peach, Ginger and Spice Glazed Salmon

Adapted from an online recipe



Servings: 4

1. Preheat broiler.
2. In a small bowl combine soy sauce, ginger, cinnamon and peach jam. Stir until smooth.
3. Foil line a baking sheet large enough to hold the salmon fillets. Pour EVOO on top of salmon and gently spread to edges. Spoon the sauce on top of the salmon and using the back of a spoon, spread all the way to the edges.
4. Broil salmon for about 7-8 minutes per inch of thickness. Test with an instant read thermometer - it's done at 135°F. A minute or so before, sprinkle top with sliced almonds and continue broiling until fish reaches correct temp. Remove and serve immediately. An ideal accompaniment to this is asparagus - which takes about 8 minutes also on the same pan. So, a sheet pan dinner, more or less!

- 2 tablespoons low sodium soy sauce, or coconut aminos
- 1 tablespoon grated ginger root
- 1/4 teaspoon ground cinnamon
- 2 tablespoons peach jam, or apricot jam
- 1 tablespoon EVOO
- 24 ounces salmon fillets, patted dry
- 3 tablespoons sliced almonds

Per Serving (excluding unknown items): 292 Calories; 12g Fat (37.7% calories from fat); 36g Protein; 9g Carbohydrate; 1g Dietary Fiber; 126mg Cholesterol; 344mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 36mg Calcium; 1mg Iron; 801mg Potassium; 516mg Phosphorus. Exchanges: 0 Grain(Starch).

Carolyn T's Blog: tastingspoons.com