

My Favorite Salmon Marinade

INGREDIENTS:

- 1 ¼ lb salmon fillets (approximately 4-5 filets)
- ¼ cup honey or maple syrup (I use maple syrup)
- 2 tablespoons lemon juice
- ½ to 1 teaspoon black pepper
- 1 teaspoon salt
- ¼ cup coconut aminos (can also use Organic low sodium Tamari)
- ¼ cup olive oil
- 2 tablespoons water
- 3 cloves minced garlic

- 1-2 tsp lemongrass
- 1-2 tsp ginger



INSTRUCTIONS

- Place all marinade ingredients into a gallon size zip lock bag and squeeze to combine all ingredients. Add salmon fillets and remove all air from bag and seal. Refrigerate salmon for at least an hour to allow the fish to absorb the flavors. Fish can be marinated for several hours (I often prep fish in the morning and have it marinate all day).

TO GRILL:

- Preheat grill to medium high heat. Once grill is hot place salmon directly on the grill, skin side down.
- Add a little of the marinade on top of the fish.
- Grill for 7-10 minutes with the lid closed. Flip the salmon onto the grill to sear the top, about 1-2 minutes. Carefully scrape off the skin (it should lift right off) and serve.

TO BAKE:

- Heat oven to 425°. Place salmon in a baking dish lined with aluminum foil or spray with non-stick spray; pour marinade over top with a brush. Roast salmon until cooked through and flaky, 15 minutes. Skin should lift right off. Serve and enjoy.

NOTES:

- I like to serve the marinade with the fish. Just bring the remaining marinade to a full boil on the stove and add to the salmon upon serving.
- I've made this plenty of times without the ginger and garlic and it's still delicious. I also buy these ingredients in a jar to save time on a busy night.
- Top with fresh lemon juice and serve with favorite sides! Goes well with my garlicky green beans and a simple brown rice or quinoa and a simple salad.
- This is by far my kids' favorite salmon dish; no complaints from the peanut gallery when I serve this meal!

