

## Ginger Glazed Salmon

Servings: 6      Serving Size: 1 fillet

Total Time: 10 minutes

Adapted From: *I Dream About Food Blog*

### Ingredients:

1/4 cup pear or apricot preserves  
1 tsp grated fresh ginger root  
1 Tbsp avocado oil

1 Tbsp apple cider vinegar  
6 (4 oz) FRESH salmon fillets  
lemon wedges, to serve

2 tsp low-sodium soy sauce  
salt and pepper, to taste

### Directions:

1. Preheat oven to 375 degrees F.
2. In a medium bowl, whisk together the preserves, vinegar, soy sauce and ginger until well combined.
3. Heat a large ovenproof, non-stick skillet over medium-heat for 3 minutes. While the skillet is heating, salt and pepper the salmon fillets. Once the pan is really hot, add avocado oil and heat until it shimmers. Next, place fillets presentation side down on the skillet and sear until the skin is golden brown and crispy. Flip over and add a little marinade on top of the cooked side.
4. Transfer skillet directly into the oven. Bake about 4-5 minutes for medium-rare and 8-9 minutes for fully cooked through. Take out of the oven and let the salmon rest for 2 minutes. Serve immediately topped with the rest of marinade and lemon wedges.

**Nutrition Information per Serving:** 174 calories, 7g total fat, 1.2g saturated fat, 23g protein, 2g carbohydrate, 0.2g fiber, 166 mg sodium



### Chef Notes:

Before searing your fish:

1. Always start with room temperature fillets. Remove the fish from the refrigerator about 15 to 20 minutes before you're ready to start cooking, in order to bring them up to room temperature.
2. Make sure fillets are dry. Use a paper towel or a clean dish towel to pat each one dry.