



Healthy HARVEST

Teriyaki marinated salmon filets

Serves 4 (1 filet each)

For the salmon and marinade:

- 4 filets of salmon
- ½ c reduced sodium soy sauce or tamari
- 1/2 c rice wine vinegar
- ½ cup vegetable broth
- 3 tablespoons brown sugar
- 2 teaspoons sesame oil
- 1 teaspoon ginger, grated
- 2-3 cloves fresh garlic, minced
- ½ teaspoon pepper

Combine all marinade ingredients in a large ziplock bag or in a flat Tupperware container. Toss salmon with marinade and refrigerate 1-2 hours, turning the salmon halfway through.

Preheat oven to 425. Take salmon out of marinade and place in a foil pan or oven safe baking dish (discard the marinade*) Cover with foil- cook 15 minutes. Remove foil and cook for an additional 10 minutes or so, using the fork test to check for doneness. (take a fork in the thickest part of the fish and pull the meat apart- It should flake easily with no force when done). If the fish is still clear/pink, place in the oven for another 5-10 min and check again.

*if you want to have some teriyaki to serve with the salmon, reserve about ½ cup of the marinade and use the rest on the fish. Heat the marinade in a skillet to a simmer and reduce by about half (it should be about syrup consistency)

Questions? Email Emily at edupuis@goharvestmarket.com