

# HONEY-GARLIC GLAZED SALMON

Preparation: 5 minutes | Cooking: 20 minutes | Servings: 4

## INGREDIENTS

4 (6-ounce) salmon filets  
3 cloves garlic, minced  
1 lemon, sliced into rounds  
1/3 cup honey  
1/4 cup low-sodium soy sauce  
3 tablespoons olive oil  
2 tablespoons lemon juice  
1 teaspoon red pepper flakes (optional)  
Salt and pepper



## INSTRUCTIONS

In a medium bowl, whisk together honey, soy sauce and lemon juice. Add red pepper flakes for a spicier glaze. In a large skillet over medium-high heat, heat 2 tablespoons oil. Once oil is hot, add salmon skin side up and season with salt and pepper. Cook salmon until deeply golden, about 6 minutes; then, flip over and add remaining tablespoon of oil. Add garlic to the skillet and cook until fragrant, about 1 minute. Add the honey mixture and sliced lemons. Cook until sauce is reduced. Garnish with sliced lemon, and serve with a side of rice and broccoli for a well rounded meal.