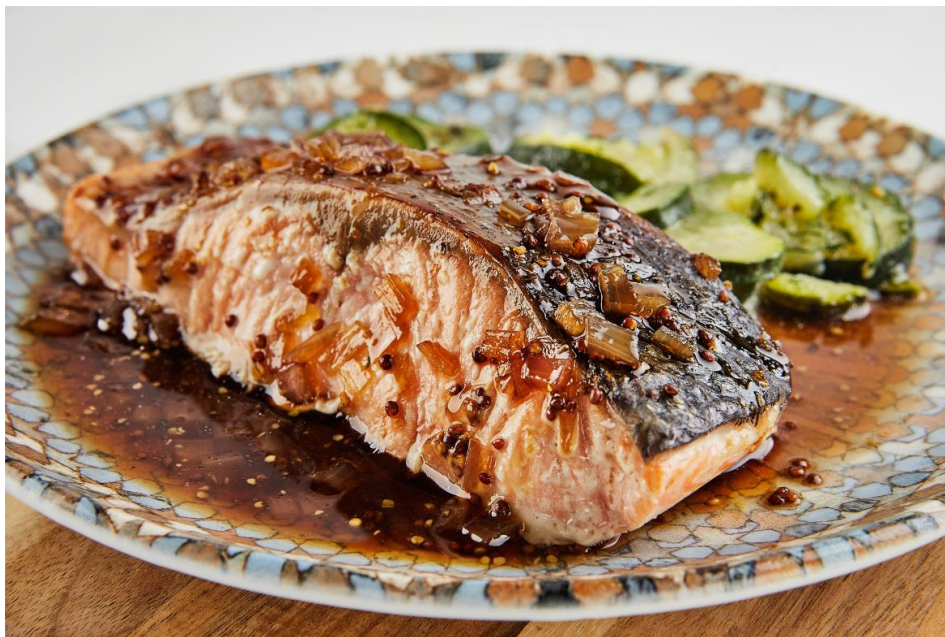


## MAPLE GLAZED WILD-CAUGHT SALMON

Wild-caught salmon is an incredibly nutritious fish with an impressive list of health benefits. It is free from artificial coloring, growth hormones, pharmaceuticals and other unnatural chemicals – unlike Atlantic salmon (which is farm-raised). It is high in Omega-3 anti-inflammatory fat and abundant in nutrients and vitamins. Farm-raised salmon are kept in pens, fed grain and unable to swim, producing fish high in unhealthy fat. They are also fed antibiotics to reduce disease and are dyed to look like wild-caught fish. This maple glazed recipe lends a sweet maple flavor that holds up great to the stronger flavor of natural salmon. It's very easy. Use any leftovers cold in a salad for lunch the next day. This recipe can be cut in half or used as is to make several meals for yourself or for the family. One serving is 3 oz. of cooked fish and covers your protein for one meal.



### INGREDIENTS

- 1/4 cup Lakanto maple syrup
- 2 Tbsp coconut aminos or Tamari
- 1 clove garlic, minced
- 1/4 tsp. garlic salt
- 1/8 tsp. ground black pepper
- 1 lb wild-caught salmon

## **INSTRUCTIONS**

In a small bowl, combine the Lakanto maple syrup, coconut aminos, garlic, garlic salt and pepper.

Cut the salmon into 4 equal sized fillets (if using a large fillet) and place into a shallow glass baking dish. Coat with the maple syrup mixture, cover and marinate in the refrigerator for at least 30 minutes, turning after 15 minutes.

Preheat the oven to 400°F. Place salmon in the oven and bake about 20 minutes (thickness may vary with your fillets), or until the flesh easily flakes with a fork.

Spoon any remaining glaze in the pan over the salmon or other vegetables in your meal.