



Grilled Salmon

Easy and delicious, marinate the salmon in a simple sauce with few ingredients and then grill them up. This is the best salmon marinated I have ever tasted, yummy!

Prep Time: 1 hrs.

Cook Time: 8 min.

Ready In: 1 hrs. 8 min.

Serving Size: 6 servings

Ingredients

- ✓ 1 pound of salmon fillet
- ✓ ¼ cup soy sauce
- ✓ ¼ cup of honey or agave nectar
- ✓ 1 tablespoon rice vinegar
- ✓ 1 teaspoon minced fresh ginger root
- ✓ 1 clove fresh garlic, minced
- ✓ Pinch of fresh ground black pepper
- ✓ Juice from ½ of a fresh lemon or 1 tablespoon of lemon juice

Directions

1. Cut salmon into 2 to 3 inch long slices.
2. Mix together soy sauce, honey, vinegar, ginger, garlic, pepper, and lemon juice in a bowl. Then pour the mixture into a large Ziploc bag and add the fish.
3. Let the bag with marinating fish sit at room temperature for 1 hour, or in refrigerator for at least 4 hours or for entire day.
4. Preheat an outdoor grill for medium-high heat and lightly oil grill grate.
5. Cook salmon on grill until fish flakes easily with a fork (roughly 8 minutes).

Nutrition

Amount per serving

- ❖ Calories: 178
- ❖ Total Fat: 8 g
- ❖ Total Carbs: 15 g
- ❖ Protein: 14 g
- ❖ Cholesterol: 38 mg
- ❖ Sodium: 638 mg
- ❖ Potassium: 302 mg (8% of daily)