

From Lisa's Kitchen: Asian Glazed Salmon

I have yet to meet a kid who doesn't love this salmon. The sweetness of the marinade is enticing, and it's a great way to encourage kids to eat healthy fish.

Asian Glazed Salmon

Serves 4

Marinade

¼ cup reduced sodium soy sauce
1 tablespoon seasoned rice vinegar
1 teaspoon freshly grated ginger root
½ teaspoon sugar

4 wild salmon fillets, 4 ounces each once skin is removed

1 tablespoons toasted sesame seeds (optional)

Preheat oven to 450°. Mix marinade ingredients in a non-reactive bowl (glass or Pyrex). Add salmon, turn to coat and marinate for 10 minutes. Place salmon on large cookie sheet. Brush salmon with any remaining marinade.

Roast salmon until cooked through, about 5 – 8 minutes depending upon thickness of the fillets.

Sprinkle salmon with toasted sesame seeds.

