

Sesame-Ginger Salmon

Prep Time: 15 minutes | Cook Time: 10 minutes
Servings: 4 | Serving Size: 1 (6-ounce) salmon filet



This is one of my favorite ways to make wild salmon and a regular recipe in our household. It is super fast, packed with flavors, and pairs well with almost any veggie or salad. Ginger is a powerful medicinal food that can reduce inflammation and improve digestion so I like to get it into my diet everyday in some way.

Ingredients:

4 (6 ounce) wild caught salmon fillets
3 tablespoons coconut aminos
1 inch ginger, peeled and minced
3 cloves garlic, minced
½ teaspoon salt
½ teaspoon pepper
1 tablespoon sesame oil
1 tablespoon sesame seeds
2 green onions or chives, minced

Directions:

1. Place salmon filets in a baking dish, then pour coconut aminos evenly over 4 filets, sprinkle with minced garlic and ginger and then the salt and pepper. Cover dish and let marinate for 30 minutes or up to overnight.
2. Preheat oven to 425 degrees.
3. Remove dish cover, and place salmon in oven on a rack a little higher than center for about 8-10 minutes or until desired degree of doneness.
4. Remove from oven, then drizzle with sesame oil and sprinkle with minced green onions and sesame seeds before serving.

Tips and Tricks:

This dish pairs well with quinoa or brown rice and veggies or salad of your choice.

Nutritional Information Per Serving:

Calories: 244.7
Fat: 14.1 g
Cholesterol: 72.0
Sodium: 487.7 mg
Total Carbohydrate: 2.1 g
Dietary Fiber: 0.4 g
Sugars: 0.1
Protein: 25.1 g