



## *Balsamic Salmon Marinade*



### **Ingredients:**

- 20 oz salmon fillets (4 equal portions)
- ¼ cup balsamic vinegar
- ¼ cup maple syrup
- ½ teaspoon garlic powder

### **Method:**

1. Place salmon in a 9x9 inch baking dish.
2. Shake together the balsamic vinegar, maple syrup, and garlic powder. Pour over the salmon and turn to coat. Marinate for 30 minutes at room temperature or in the fridge.
3. While salmon is marinating, place a heavy metal baking dish or pan in the oven and heat to 500°F. See \*
4. Carefully remove the pan from the oven. Shake excess marinade from salmon and place skin side down on the baking sheet.
5. Put salmon in the oven and immediately reduce the temperature to 275°F. Cook for 10 minutes, or until it flakes with a fork.

### **To make balsamic maple glaze**

1. While salmon bakes, transfer the leftover marinade to a small pot. Simmer for 10 minutes, or until thickened enough to coat a spoon.
2. Drizzle sauce over salmon, rice, or veggies.