

## Healthy recipes

# FLIK Grilled Salmon Teriyaki

Yield: 6 servings

**Calories:** 355  
**Fat:** 10 g  
**Cholesterol:** 65 mg  
**Sodium:** 610 mg

### Ingredients

6 salmon filets 6 oz skinless

#### Marinade

Apple juice	5 oz
Rice wine vinegar	1 Tbsp
Soy sauce, low sodium	1 oz
Fresh ginger root	1 tsp (minced)
Garlic	1 clove (minced)
Sugar	1 tsp

#### Sauce

Apple juice	7 oz
Soy sauce, low sodium	3 oz
Rice wine vinegar	1 ½ Tbsp
Honey	1 Tbsp
Sugar	1 tsp
Fresh ginger root	1 tsp (minced)
Garlic	2 cloves (minced)
Cornstarch	1 Tbsp
Water	1 Tbsp

### Directions

Combine the ingredients for the marinade. Brush onto the filets and let marinate in the fridge for 15 – 20 minutes.

For the sauce, combine all ingredients (except cornstarch and water) in a saucepan and bring to a boil. In a small bowl, mix together the water and cornstarch to make a “slurry.” Add to the sauce pan and simmer until lightly thickened.

Remove salmon from marinade, spray lightly with vegetable spray and grill until well browned on both sides and cooked throughout. Brush sauce on lightly during cooking.

Once thoroughly cooked, plate salmon with small amount of sauce. Enjoy!

### Tips

- Salmon contains omega-3 fatty acids.
- Omega-3s can help to reduce inflammation, lower triglycerides and decrease blood clots.
- Omega-3s support a healthy immune system and nervous system.
- The American Heart Association recommends you eat at least two servings of fish per week.