

Air fryer Salmon with Maple Glaze

Serves 4

Ingredients:

- 3 tablespoons pure maple syrup
- 3 tablespoons reduced sodium soy sauce
- 1 tablespoon Sriracha hot sauce
- 1 clove garlic, smashed
- 4 salmon filets, skinless (6oz each)



Directions:

1. Combine maple syrup, soy sauce, sriracha and garlic in a small bowl and pour into gallon-sized resealable bag – add the salmon to bag.
2. Marinate for 20-30 minutes.
3. Lightly spray basket of air fryer with oil.
4. Remove salmon from bag – reserve marinade.
5. Place fish in the air fryer for 7-8 minutes at 400F.
6. Pour marinade in small sauce pan and bring to a simmer over medium-low heat and reduce until it thickens.
7. Spoon over salmon before eating!

Nutrition Information per serving (per 1 salmon filet)

Calories: 292, Total Fat: 11g, Saturated Fat: 1.5g, Unsaturated Fat: 9.5g, Cholesterol: 94mg, Sodium: 797mg
Carbohydrate 12 g, Fiber: 0.5g, Sugar: 10g, Added sugar: 10g, Protein: 35g

SOURCE: <https://www.skinnytaste.com/air-fryer-salmon-with-maple-soy-glaze/#recipe>



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