

# Sweet & Spicy Honey Glazed Salmon

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Serves 4

## Ingredients:

4 6-ounce salmon filets, patted dry with a paper towel  
1/3 cup honey  
2 tablespoons Dijon mustard  
¼ cup low-sodium soy sauce  
2 tablespoons lemon juice  
1 teaspoon red pepper flakes  
3 tablespoons extra virgin olive oil, divided  
Sea salt & black pepper  
3 cloves of garlic, minced  
1 lemon, sliced into rounds



## Directions:

1. In a medium-sized bowl, whisk together honey, soy sauce, Dijon mustard, lemon juice and red pepper flakes.
2. In a large skillet over medium-high heat, heat two tablespoons oil. After one minute, add salmon skin-side up and season with sea salt and black pepper. Allow salmon to cook until golden brown, or for about 6 minutes, then flip over and drizzle with the remaining tablespoon of oil.
3. Add garlic to the skillet and cook for about 1 minute. Add the honey-soy sauce mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.
4. Place sliced lemon on top of filets and serve. Enjoy!

## Nutrition Information per serving (1 salmon filet):

Calories: 378, Total Fat: 16 g, Saturated Fat: 2.3 g, Unsaturated Fat: 9g, Sodium: 768 mg, Carbohydrate 25 g, Fiber: <1g, Sugar: 23g, Protein: 33g

**SOURCE:** Recipe adapted from delish.com

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