

EASY BAKED SALMON

SERVES: 2-3 (DEPENDING ON SIZE OF FILET)

YOU WILL NEED:

SHALLOW BOWL, GLASS BAKING DISH

- 1 salmon filet (enough for 2)
- 2 Tbsp dijon mustard
- 2 Tbsp reduced-sodium tamari sauce
- 2 Tbsp olive oil
- 1/2 tsp minced garlic

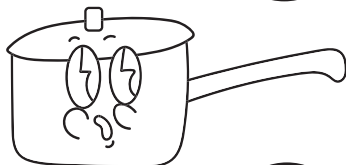
1

Stir ingredients together in a shallow bowl & place salmon (skin side facing up) in marinade.



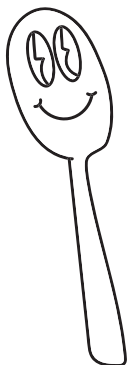
2

Put the bowl in the fridge for at least 20-30 minutes up to a few hours. About 10 minutes or so before you're ready to begin cooking the salmon, preheat the oven to 425 F.



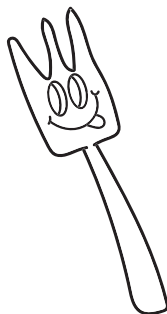
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Once oven is preheated, remove salmon from marinade, place it skin side down in lightly oiled oven-safe glass baking dish. Drizzle a couple spoonfuls of the marinade over salmon & place baking dish in the oven.



4

Let it bake for about 20-30 minutes depending on filet's thickness & your level of desired firmness. Salmon is done when meat easily flakes off with a fork.



5

When it's done, remove from the oven & enjoy!

