

Michigan Maple Salmon

INGREDIENTS*

- 4 **salmon** fillets, thawed
- Salt and pepper
- ¼ cup maple syrup
- 2 Tablespoons low-sodium soy sauce
- 2 cloves garlic, finely minced
OR ¼ teaspoon garlic powder

Source: LTBB Odawak FDPIR and
Community Health programs

*Ingredients in **bold** are available
through the Tribal FDPIR program
in your community.

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INSTRUCTIONS

1. Wash your hands before preparing food.
2. Line a rimmed baking pan with foil.
3. Place thawed salmon, skin side down on foil lined baking pan. Wash your hands after handling raw fish.
4. Sprinkle each fillet with salt and pepper
5. Mix maple syrup, soy sauce and garlic or garlic powder together in a small bowl and pour over salmon. Place in refrigerator for 30 minutes to marinate, turning once at 15 minutes. Start preheating oven to 400° F halfway through marinating.
6. Remove pan from refrigerator, turn fish skin side down and place in preheated oven. Wash your hands after handling salmon.
7. Bake uncovered for 15 to 20 minutes; salmon is done when it flakes easily with a fork.

NOTES AND IDEAS:

- Salmon will need to be thawed before baking. Thaw in the refrigerator, OR in cold water, OR according to package directions.
- Use real maple syrup for this recipe.
- ¼ cup maple sugar may be substituted for maple syrup.
- Make this a complete meal by adding a potato or grain and a vegetable.

