

Asian Salmon (Serves 4)

Recipe adapted from [Dr. Oz](#)

Ingredients:

16 oz. salmon fillets

1 Tbsp ginger

2 tsp. soy sauce

2 tsp. maple syrup

2 garlic cloves

Directions:

Place salmon in a pie plate or shallow dish. Combine remaining ingredients; mix well. Pour marinade over salmon; let stand 15 to 20 minutes. Heat a ridged grill pan over medium heat until hot. Add salmon, discarding marinade; cook 3 to 4 minutes per side, or until salmon is opaque and firm to the touch.

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