



Balsamic-Glazed Salmon

2 tsp. olive oil
2 cloves garlic, minced
3 T. balsamic vinegar
2 tsp. honey
2 tsp. Dijon mustard
½ tsp. kosher salt
black pepper, to taste

2 salmon filets, fresh or defrosted

Preheat oven to 400 degrees, and line a baking sheet with parchment paper or foil. If using foil, spray with cooking spray. Place fish skin down on baking sheet.

In a saucepan, heat olive oil; add garlic & sauté about 2 minutes, being careful not to burn. Add vinegar, honey, mustard, salt, and pepper to garlic. Whisk, and continue to cook over medium heat (stirring constantly) until thickened – about 4 minutes.

Brush glaze on salmon; bake 5 minutes. Remove from oven, and brush with glaze again before baking the remaining 5-10 minutes. Fish should easily flake when it's done.