

## Garlic Ginger Salmon

*The following soy-free marinade recipe works as a sauce for steamed veggies and rice, or as a marinade for other types of fish and chicken. Add about a tablespoon of arrowroot powder or kudzu, whisk together, and simmer over low heat to create a thicker sauce. Serve salmon over mashed sweet potatoes and top with sautéed mustard greens and oyster mushrooms that have been seasoned with coconut aminos and brown rice vinegar.*

**1 ½ to 2 pounds wild salmon**

*Marinade:*

**¼ cup coconut aminos or wheat-free tamari**

**1 to 2 tablespoons brown rice vinegar or coconut vinegar**

**1 tablespoon maple syrup**

**1 tablespoon toasted sesame oil**

**2 cloves garlic, peeled**

**1-inch piece fresh ginger, peeled**

Rinse the salmon fillet and place it skin-side up in a glass baking dish. Place all of the ingredients for the marinade into a blender and blend until smooth. Pour marinade over fish, cover, and refrigerate for 3 hours or until ready to use.

Preheat oven to 400 degrees. Pour off marinade and flip salmon fillet so the skin is down.

Bake for approximately 10 minutes per inch of thickness. The fish will continue to cook after it comes out of the oven so it is best to take it out when still a little undercooked.

**Yield:** 4 to 6 servings

### **Nutrition Tip:**

The positive effects from eating salmon start at four ounces of salmon per week. Research has demonstrated that the consumption of omega-3 fatty acids can provide protection from cardiovascular disease, improve mood, decrease joint pain, increase eye health, and decrease ADD/ADHD symptoms. Consuming twelve ounces of salmon a week has been shown to raise the anti-inflammatory omega-3 fatty acids in red blood cells from 4 to 6 percent in four months.