

Maple-Glazed Salmon

Ingredients

- 4 salmon fillets (about 6 oz each, skin-on)
- 3 tbsp pure maple syrup
- 2 tbsp extra virgin olive oil
- 1 tbsp soy sauce
- 2 tsp Dijon mustard
- 1 garlic clove, minced
- 1/2 tsp freshly ground black pepper
- Pinch of salt
- Lemon wedges, for serving

Instructions

1. In a small bowl, whisk together the maple syrup, extra virgin olive oil, soy sauce, Dijon mustard, garlic, black pepper, and salt until the glaze is smooth.
2. Pat the salmon fillets dry with paper towels and place them skin-side down on a parchment-lined baking sheet. Brush the tops generously with the glaze.
3. Place the tray in a preheated 400°F (200°C) oven and bake for 12–15 minutes, or until the salmon is just cooked through and flakes easily with a fork. Brush with extra glaze halfway through.
4. Remove the salmon from the oven, let it rest for 2 minutes, and serve warm with lemon wedges and your favorite sides.

Note & Storage

- Swap salmon for cod or halibut if you prefer a milder fish.
- Scallops or shrimp can also be used, but they cook much faster—sear them in a pan with the glaze instead of baking.
- Add a sprinkle of fresh parsley or thyme before serving for brightness.
- Store leftovers in the fridge for up to 2 days. Reheat gently in the oven at 300°F (150°C) until just warmed through.