



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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(RE)FRESH HEALTHY RECIPE

This honey & soy glazed salmon is full of heart-healthy omega-3s and protein, plus it's SUPER YUMMY! Serve with a lightly dressed side salad or roasted veggies. This recipe serves 2.

HONEY SOY GLAZED SALMON!

- 1/8 cup honey
- 1 tablespoon dark soy sauce
- 12-14 ounce salmon fillet - (2 fillets, 6-8 oz each)
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper
- 1/4 cup flour
- 2 tablespoon oil

1. Prepare the honey-soy glaze by mixing them together in a small bowl & set aside.
2. Season your salmon fillets with salt and pepper. Make sure that all side are well rubbed with the seasoning.
3. Dredge each piece of seasoned salmon fillet in flour making sure that all sides are covered. Shake off the excess.
4. Heat oil in a skillet over medium heat. Note that the honey can easily burn on high heat. If it does, lower your heat.
5. Brush one side of the fillets with the honey-soy glaze and place them with the glazed-side down on the hot skillet. While on the pan, brush the top side with glaze as well. Cook each side for 3 minutes or until glaze has caramelized and the salmon fillets are cooked through.
6. Remove the fillets from the pan and transfer them to a serving plate. Serve while still hot with your favorite side dish.