

Maple-Glazed Salmon

This recipe can be used Days 1-7 on the 28 Day Healthy Reboot, Healthy PREboot and the Reboot for Life.

Ingredients

4 wild caught salmon filets (about 1 pound)

¼ Cup Maple Syrup

3 Tbsp Coconut Aminos

1 Tbsp Dijon Mustard

2 Cloves of garlic

Directions

Preheat oven to 375 degrees.

Line a rimmed backing sheet with unbleached parchment paper. Mix maple syrup, coconut aminos, Dijon mustard and garlic in a bowl. Place salmon filets on baking sheet and drizzle 1/3 of the liquid mix over salmon. After 10 minutes, sprinkle another 1/3 of the liquid mix over salmon. Cook for another 5-10 minutes until cooked – salmon should look opaque. Remove from oven and pour remaining liquid over salmon and serve.