

Honey Garlic Glazed Salmon

Ingredients

- 2 salmon fillets
- 2 tablespoons honey
- 2 tablespoons soy sauce or tamari
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Salt and pepper to taste

Instructions

1. In a small bowl, mix honey, soy sauce, olive oil, and garlic.
2. Season salmon with salt and pepper.

3. Heat a non-stick pan over medium heat.
4. Cook salmon skin-side down for 3 minutes, then flip and pour the glaze over it.
5. Cook another 5–6 minutes, spooning sauce over the salmon until cooked through.

Health Benefits

A balanced source of protein and healthy fats. Honey and garlic support immunity, and soy sauce adds umami flavor.