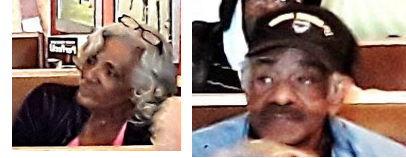


## **Favorite Salmon Recipe**

By Marge & Ernest R.



### **Ingredients:**

1/3 cup honey  
1/4 cup low sodium soy sauce  
2 Tbsp lemon juice  
1 tsp. red pepper flakes  
3 Tbsp. extra virgin olive oil, divided  
4 6 oz. salmon fillets patted dry with paper towels kosher salt, freshly ground black pepper,  
3 cloves garlic minced,  
1 lemon sliced in rounds.

### **Instructions:**

1. In a medium bowl whisk together honey, soy sauce, lemon juice, and red pepper flakes.
2. Heat a large skillet over medium high heat, heat 2 Tbsp. oil, until oil is hot but not smoking.
3. Add salmon skin side up and season with salt and pepper. Cook salmon until deeply golden., about 6 minutes. then flip over and add remaining tablespoon of oil.
4. Add garlic to skillet and cook until fragrant, 1 minute. add honey mixture and sliced lemons and cook until sauce is reduced by 1/3<sup>rd</sup>. Baste salmon with sauce.  
Garnish with sliced lemon and serve. Enjoy!

Reprinted from the April 2022 ReFocus