

Sheet Pan Teriyaki Salmon

INGREDIENTS:

- 4 (5-ounce) wild caught salmon filets
- 8 ounces brussels sprout shreds
- 6 carrots, cut into thin strips
- ½ cup teriyaki sauce (see recipe below)
- 2 T olive oil
- Sea salt and freshly ground black pepper, to taste
- 2 green onions, thinly sliced
- ½ tsp. Sesame seeds

PROCESS:

- Preheat oven to 400 degrees F. Lightly grease baking sheet.
- Place carrots on baking sheet, drizzle with olive oil, season with salt and pepper, and place in the oven for 15 minutes.
- Take baking sheet out of oven and add salmon filets and brussels sprouts.
- Spoon teriyaki sauce over the salmon.
- Drizzle olive oil over brussels sprouts, season with salt and pepper, to taste.
- Place baking sheet back into the oven and cook until fish flakes easily with a fork, about 16-18 minutes.
- Serve immediately, garnished with green onions and sesame seeds, if desired

Teriyaki Sauce:

1 T cornstarch
¼ cup GF tamari sauce
1 T brown sugar
½ tsp. Ground ginger
¼ tsp. Garlic powder
2 T raw organic honey

In a small bowl, whisk together cornstarch and ¼ cup water, set aside.

In a small saucepan over medium heat, add tamari sauce, brown sugar, ginger, garlic, honey, and 1 cup water; bring to a simmer. Stir in cornstarch mixture until thickened enough to coat the back of a spoon, about 2 minutes; let cool to room temperature.

Adapted from: damndelicious.net

