

Pan-seared salmon with apple cider vinegar glaze

Ingredients

Glaze

- ½ cup apple cider vinegar
- 1 tablespoon honey or maple syrup

Salmon

- Four 6-ounce salmon fillets
- 1 tablespoon olive oil
- Salt and black pepper to taste



Directions

Glaze

- In a small saucepan, combine apple cider vinegar with honey or maple syrup.
- Bring to a boil, reduce the heat and simmer 5-7 minutes or until liquid has been reduced by about half and slightly thickened.
- Remove from heat.

Salmon

- Pat salmon fillets dry with a paper towel and season with salt and pepper.
- Heat olive oil in a skillet over medium-high heat.
- Add salmon, skin-side down, cooking for 4-5 minutes or until the skin is crispy.
- Glaze the top, flip over, baste skin side with glaze, cooking 3-4 minutes until flesh turns opaque and flakes easily with a fork.
- Plate the salmon and drizzle each fillet with any remaining pan glaze.
- Serve with apple, celery and toasted pecan salad.

Nutritional information

Servings: 4

Calories: 350 per serving