

BALSAMIC-GLAZED SALMON FILLETS

Prep Time

10 min

Inactive Prep Time

15 min

Cook Time

20 min

Level

Easy

Servings

6



Ingredients

6 salmon fillets
4 cloves garlic, minced
1 tablespoon white wine
1 tablespoon honey
1/3 cup balsamic vinegar
4 teaspoons Dijon mustard
1 pinch salt and pepper to taste
1 tablespoon chopped fresh oregano

Directions

- 1.** Remove salmon fillets from refrigerator and let stand at room temperature for approx. 15 min.
- 2.** Preheat oven to 400°F.
- 3.** Line a baking sheet with aluminum foil, and spray with non-stick cooking spray.
- 4.** Coat a small saucepan with non-stick cooking spray.
- 5.** Over medium heat, cook and stir garlic until soft, about 3 minutes. Mix in white wine, honey, balsamic vinegar, mustard, and salt and pepper. Simmer, uncovered, for about 3 minutes, or until slightly thickened.
- 6.** Arrange salmon fillets on foil-lined baking sheet. Brush fillets with balsamic glaze, and sprinkle with oregano.
- 7.** Bake in preheated oven for 10 to 14 minutes, or until flesh of salmon flakes easily with a fork.
- 8.** Brush fillets with remaining glaze.
- 9.** Use a spatula to transfer fillets to serving platter, leaving the skin behind on the foil.