



## Honey Garlic Salmon

**Maintenance food used for this recipe:** Salmon

**Ingredients:**

- 2-3 12 oz Salmon filet strips
- 2 garlic cloves minced
- 3 tablespoons honey
- 1 tablespoon lemon juice
- 1/8 tsp salt
- 3 dashes of ground black pepper
- 1/8 teaspoon cayenne pepper

**Instructions:**

1. Preheat the oven to 400°F (207°C).
2. Combine all ingredients for the marinade, whisk to combine well
3. Marinade the salmon for 15 minutes (soaking the salmon)
4. Arrange the salmon on a baking sheet lined with parchment paper or a baking tray
5. Add marinade to the top of the salmon filets.
6. Bake in the oven for 12 minutes
7. Remove from heat, scoop the juice, and drizzle on top of the salmon
8. Measure out the salmon maintenance amount. TIP: serve with white rice or pasta.



Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Seafood**