Balsamic Glazed Salmon

Description

A glaze featuring balsamic vinegar, garlic, honey, white wine and Dijon mustard makes baked salmon fillets extraordinary.

Summary

Yield: 6
Prep Time: 30 minutes
Category: Seafood
Cuisine: American
Tags: salmon

Ingredients

- 6 5 oz. salmon filets
- 4 clove garlic minced
- 1 tbsp white wine
- 1 tbsp honey
- 1/3 cup balsamic vinegar
- 4 tsp dijon mustard
- 1 tbsp fresh oregano leaves or 1/4 tsp. dried

Instructions

Preheat oven to 400 degrees.

Line a baking sheet with aluminum foil, and spray with non-stick cooking spray.

Coat a small saucepan with non-stick cooking spray.

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.

To bake it, spray wire racks with cooking spray and place them onto a large baking sheet and bake the fish on the racks as directed, basting at least once during the cooking time.

Arrange salmon fillets on foil-lined baking sheet.

Brush fillets with balsamic glaze, and sprinkle with oregano.

Bake in preheated oven for 10 to 14 minutes, or until flesh flakes easily with a fork.

Brush fillets with remaining glaze, and season with salt and pepper.

Use a spatula to transfer fillets to serving platter, leaving the skin behind on the foil.