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Healthy Grilled Salmon with Sweet or Smoky Glaze

Ingredients:

Wild-caught salmon, 1 lb.
Extra-virgin olive oil (or spray olive oil), 1 tbsp
Pepper, 1 pinch

Smoky Sriracha Glaze:

Sugar-free maple syrup (or raw honey), 3 tbsp
Smoked paprika, 1 tbsp
Sriracha, 2 tbsp
Turmeric (optional), 1 tsp

Pineapple Glaze:

Bragg liquid aminos or low-sodium soy sauce, 1/2 tbsp
Fresh-diced pineapple, 1/4 cup
Low-sodium ketchup or no-salt tomato sauce, 1-1/2 tbsp
Sugar-free maple syrup or raw honey, 3 tbsp
Apple cider vinegar, 1 tsp
Garlic, minced, 1/2 clove
Fresh lemon to taste
Black pepper, 1 pinch

Directions:

1. Fire up the grill, or heat the oven to at least 350 degrees F.
2. Brush or spray the salmon with a little olive oil and a pinch or two of pepper.
3. In a small bowl, mix together the ingredients for the smoky Sriracha glaze. Season to taste, and then set it aside.
4. In food processor or blender, mix together the ingredients for the pineapple glaze. Season to taste with fresh lemon and more pepper. Set it aside.

5. Baste the salmon with either of the sauces, and place it on the grill (or in the oven on a baking sheet) for 5-7 minutes. Flip the salmon, baste it with the sauce again, and grill or bake it for another 5-7 minutes.

6. Repeat until the salmon is cooked to your desired readiness; just be careful not to overcook it. I recommend no more than 20 minutes at a temperature of 350 degrees F.