



**BRAIN HEALTHY
COOKING**

Entrée

Sweet & Spicy Salmon



Ingredients

- 3 CUP olive oil
- 3 TBS sugar-free maple syrup
- 3 TBS orange juice
- 1 TBS orange peel
- 2 TSP paprika
- 1 TSP chili powder
- 2 TSP Saigon Cassia
Cinnamon
- 1 TBS Dijon mustard

Directions

This delicious citrus cinnamon glaze spices up your favorite fish, pork or chicken!

Mix all the ingredients together and brush onto pork, chicken or fish. Reserve some of the marinade. Simmer on low heat to reduce and use this thicker marinade to baste during cooking. You can cook right away (pan fry, bake or grill). Marinating overnight makes it even tastier!

