

BRAIN HEALTHY COOKING FOR ONE

*the simple*

## MAPLE GLAZED SALMON

1/8 CUP pure Maple Syrup  
1 TBSP Soy Sauce  
1/2 Garlic Clove, minced  
1/8 TSP Black Pepper  
1/2 LB Salmon

1. In a small bowl, mix the maple syrup, soy sauce, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400F.
4. Place the baking dish in the preheated oven and bake salmon uncovered for approximately 20 minutes until fish flakes easily with a fork or the temperature reads 145F.

