



Caren Laboy
Health Coaching & Nutrition

Ginger Broiled Salmon

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yields: 4 servings

Ingredients:

- 4 4-ounce wild salmon fillets
- 2 teaspoons fresh grated ginger
- 2 tablespoons umeboshi plum vinegar
- 1 tablespoon coconut oil
- 1/4 cup water



Directions:

1. Mix the vinegar, oil, water and ginger.
2. Place the fish in a baking dish and marinate in sauce for 30 minutes.
3. Preheat broiler, then broil fish skin side down for 6-8 minutes, depending on how you like your salmon cooked.
4. Baste once or twice while broiling.
5. Serve, using the remaining marinade as sauce.