

Baked Salmon with Bragg's Sauce



Plan Z Phase: This is a Z2 (ZReduction) recipe.

Serving Size: Serves 4

Ingredients:

- 4, 6-8 oz salmon fillets, either skinless or skin on one side
- 1 lemon halved
- $\frac{1}{4}$ cup of balsamic vinegar
- 2 Tbl of Bragg's Aminos
- $\frac{1}{2}$ tsp of Truvia
- 1 tsp of minced garlic (jar garlic will work)
- 2 Tbl of minced parsley

Instructions:

Preheat the oven to 375 degrees.

In an ovenproof pan spray lightly with olive oil spray and put in the fish, skinside down. Squeeze one half of the lemon over the fish and then cut the other half into wedges for garnish.

In a bowl, whisk the vinegar, Braggs, Truvia and garlic. Drizzle this over the fish and let the extras flow off the sides into the pan. Bake for 20 minutes or until salmon is done to your liking.

Plate this fish and sprinkle on the parsley bits.

Notes: The fat from the salmon will rise to the surface and leave a white foam look on top. That's fine. The salmon skin is edible but I would not recommend it. It tastes very "fishy." You can use any liquid in the bottom of the pan as extra sauce.

Enjoy!

Cheers,