

RECIPE OF THE MONTH:

Maple Glazed Salmon & Balsamic Glazed Brussel Sprouts

Salmon:

INGREDIENTS:

- 2-6 oz wild salmon filets
- 1 tablespoon pure maple syrup
- 1 tablespoon reduced sodium soy sauce
- 1 teaspoon dijon mustard
- 1 teaspoon chili powder
- 1/4 teaspoon cayenne pepper
- 1 garlic clove, minced

INSTRUCTIONS:

Step 1: Preheat the oven to 350 degrees F. Line a small baking sheet with parchment paper and place the salmon filets 2 inches apart.

Step 2: In a small bowl, whisk together maple syrup, soy sauce, dijon mustard, chili powder, cayenne pepper and garlic. Pour the glaze over the salmon, but make sure to reserve 1 tablespoon for later. Bake for 15-20 minutes.

Step 3: Once salmon is done baking, remove from the oven and pour remaining glaze on top.

Brussel Sprouts:

INGREDIENTS:

- 6 cups Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt plus more to taste
- 1/4 teaspoon black pepper plus more to taste
- 1/4 cups aged balsamic

INSTRUCTIONS:

Step 1: To prepare the Brussels sprouts, trim the stubby ends and cut them in half.

Step 2: Preheat your oven to 400 degrees F.

Step 3: Place the Brussels sprouts in a mixing bowl and toss with the oil. Add the garlic powder, if using, along with the salt and pepper, and toss again.

Step 4: Spread the sprouts evenly on a parchment-lined baking sheet, cut side down.

Step 5: Roast for 15 minutes. Remove the sprouts from the oven to flip, then reduce your oven temperature to 350 degrees F. Immediately return the Brussels sprouts to the oven for an additional 15-20 minutes.

Step 6: Transfer your roasted sprouts back to the mixing bowl and toss with the balsamic glaze to evenly coat. Taste and add more salt and pepper as needed.

Source: <https://ambitiouskitchen.com/spicey-maple-glazed-salmon>

<https://audreydunham.com/balsamic-glazed-brussels-sprouts/#recipe>

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Family Health Team