

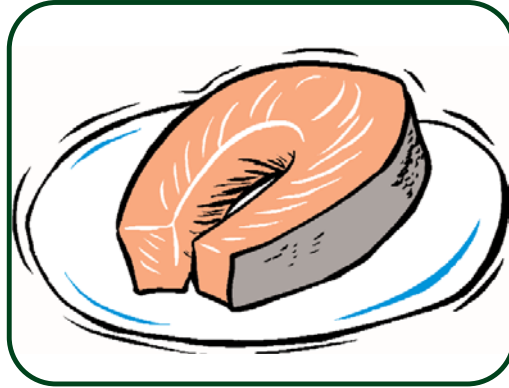


# Healthy Recipes for Healthy Living

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Dr. Reina Persaud, ND

## Polynesian Glazed Wild Salmon



### GLAZE

3/4 cup Pure Maple Syrup  
1 cup Water  
1 1/2 tablespoons Grated fresh Ginger  
4 Cloves Garlic, minced  
2 1/4 teaspoons prepared Horseradish  
1/2 teaspoon Sea Salt

### SALMON

4 Pacific Wild Salmon fillets or steaks — each about 1-1/2" thick  
2 Cloves Garlic, crushed  
2 Sprigs fresh Dill  
1/4 teaspoon Sea Salt

### Glaze:

Combine syrup, water, ginger, 4 cloves garlic, horseradish and 1/2 teaspoon salt in a small saucepan. Bring to a boil; reduce heat to simmer. Cook until reduced by half, about 15 minutes. Glaze will keep refrigerated for several days.

### Salmon:

Place salmon in shallow pan. Add water to cover, plus 2 cloves garlic, dill and 1/4 teaspoon salt. Bring to a boil; reduce heat to simmer. Cover and cook 3 minutes. Remove from heat and let stand in covered pan 8 minutes. Heat broiler. Remove salmon from cooking liquid and place, skin side down, onto broiler pan. 7. Baste with glaze. Broil, basting often with glaze, just until golden and well-glazed, about 2 minutes.