

Homemade Teriyaki Marinade

I stumbled upon this Teriyaki Marinade when I was looking for a clean eating alternative to commercial marinades. This is super delicious! I use it on salmon, but I'm sure you could use it on other things as well!

- 1/4 cup low sodium soy sauce
- 1 1/2 tsp maple syrup
- 2 tsp finely chopped garlic
- 2 tsp lemon juice
- 1/2 tsp sesame oil
- 1/4 tsp sea salt

Combine all ingredients and place meat or fish in shallow baking dish and marinate for 20 minutes in refrigerator. I turned the meat a few times to distribute the marinade evenly.

If you are going to make the salmon preheat your oven to 350 degrees and place Salmon in 9x9 baking dish that has been sprayed with clean cooking spray. Then bake in oven for 20 minutes, baste with leftover sauce. You can also grill the salmon as well!

This dish is great with brown rice and asparagus. Tonight we will be eating this dish with brown rice and fresh zucchini from our garden!

Enjoy!