



Smokey Maple Syrup Salmon

This is one of those recipes that I kind of “wing” and generally don’t measure ingredients exactly. That said I have provided some approximate amounts that will balance the flavors and help to guide you. Like it spicier? Add more paprika. Like it a little sweeter or more mild? Pull back on the spice. Although this recipe is for salmon, it’s really good on almost anything! Just last night, I tossed some cubed butternut squash in maple syrup, paprika, salt and olive oil and it was delicious! Try it on other vegetables, chicken, pork, shrimp or even tofu! This salmon is delicious served with steamed green beans and roasted squash.

Kids easily help make this recipe. My daughter likes to give the salmon a “massage”. Just be sure to wash hands well afterwards, as the spicy paprika can irritate the eyes if it gets into them.

Ingredients

- 4 6-ounce salmon filets
- 4 tsp Olive Oil, divided
- 4 tsp Pure Maple Syrup, divided
- 1 tsp Smoked Hot Paprika, divided (you can substitute mild, but try to find smoked paprika for maximum flavor)
- Salt, to taste.

Directions

- Preheat oven to 425 degrees
- Cover a sheet pan with foil and spray lightly with oil. (Foil is the key to cleaning up stuck on maple syrup!)
- Place filets, skin side down, on prepared pan.
- Drizzle each filet with 1 tsp olive oil, 1 tsp of maple syrup, ¼ tsp paprika and sprinkle with salt.
- Rub each filet until coated and let sit, refrigerated, for about 30 minutes to allow the flavors to penetrate the fish.
- Cook place in oven and roast for 10-12 minutes, until desired doneness. Place under broiler for 1-2 minutes to create a nice glaze on top.