

Sweet and Spicy Orange Salmon

Makes 4 servings

Recipe Adapted from: [Oh, Sweet Basil](#)

Ingredients

Zest from one orange
Juice from one orange (about ¼ cup)
¼ cup reduced-sodium soy sauce
¼ cup honey
1 tsp toasted sesame oil
3 tbsp sriracha, more or less to taste
4 – 4oz Salmon fillets



Directions

1. Whisk together orange zest, orange juice, soy sauce, honey, sesame oil, and sriracha in a bowl. Reserve about ¼ cup of the sauce in a separate bowl for glazing later on.*
2. Add remaining sauce to a shallow dish (or a plastic bag) and place the salmon in it to marinate for about 20 minutes, flipping the salmon over halfway through.
3. As the salmon is marinating, preheat oven to 400°F. You'll want a rack to be situated in the middle of the oven, as well as one near the top.
4. Line a baking sheet with foil and spray it with cooking spray. Once the salmon has finished marinating, place the salmon on the prepared sheet, skin side down, and bake on the middle rack for about 18 minutes.
5. After 18 minutes, remove the sheet from the oven and brush the reserved ¼ cup of sauce over the salmon fillets.
6. Increase oven temperature to 425°F and place sheet on the upper oven rack or broil for about 2 minutes, or until the edges of the salmon begin to crisp and brown.

*Optional: You can separate the reserved sauce into 2 bowls, one for brushing and one for drizzling over salmon once cooked.

Nutrition Information per Serving (based on actual amount of marinade absorbed + using all ¼ cup reserved marinade): 230 calories, 9gm total fat, 1.5gm saturated fat, 430mg sodium, 10gm carbohydrates, 0gm fiber, 9gm sugar, 27gm protein