



## Baked Sesame-Ginger Salmon

Packed with health benefits featuring low carbs and rich with Vitamin A and Omega 3. This Baked Sesame-Ginger Salmon steams in a super-easy parchment paper packet!

### Ingredients:

- 1 teaspoon sesame oil
- 2 tablespoons soy sauce
- 2 tablespoons grated fresh ginger
- 1 teaspoon garlic powder
- 2 tablespoons honey
- Pinch of red-pepper flakes
- 2 large zucchini, halved lengthwise and thinly sliced
- 1 red onion, halved and thinly sliced
- 1 lime, quartered
- Four 6-ounce skinless salmon fillets
- 4 teaspoons sesame seeds

### PREP

- Preheat the oven to 350°F. Prepare four pieces of parchment (about 15 by 17 inches). Fold each piece in half to make a crease, then unfold and set aside.

### Instructions:

1. In a small bowl, whisk sesame oil, soy sauce, ginger, garlic powder, honey and red-pepper flakes to combine.
2. On one side of a piece of parchment, place a quarter of the zucchini in an even layer and top with a quarter of the red onion. Squeeze a lime segment generously over the vegetables.
3. Place a salmon fillet on top of the vegetables. Brush generously with the soy sauce mixture and top with 1 teaspoon sesame seeds.
4. Fold the empty side of the parchment over the salmon and then fold the two edges inward toward the salmon, making several creases to fully seal the package.
5. Repeat with the remaining parchment and ingredients. Transfer the prepared packets to a baking sheet and bake until the salmon is fully cooked, 16 to 18 minutes.



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