

## Salmon Solis

Salmon Filets (6oz)	6ea
Soy Sauce	8oz
Olive Oil	4oz
Chopped Garlic	4tablespoons
Chopped Shallots	4tablespoons

1. In a mixing bowl combine Soy Sauce, Olive Oil, Garlic, and Shallots. Whisk thoroughly until combined.
2. Add fish to marinade and place in a ziplock bag. Refrigerate for 3 hours.
3. Pre-heat oven to 425'f
4. Remove fish from marinade and place on a baking dish or cookie sheet sprayed with PAM or pan spray.
5. Discard marinade
6. Bake in oven on middle rack for 10-15 minutes or until the fish reaches an internal cooking temperature of 145'f. (The Salmon should begin to brown on edges)
7. Remove Fish from oven and serve with your choice of starch and veggies.