

Honey Garlic Glazed Salmon:

Ingredients:

- 4 salmon fillets
- 3 tablespoons honey
- 2 tablespoons low-sodium soy sauce
- 3 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon grated fresh ginger
- Salt and pepper to taste
- Sesame seeds and chopped green onions for garnish (optional)

Instructions:

1. In a small bowl, whisk together honey, soy sauce, minced garlic, lemon juice, and grated ginger. Season with salt and pepper.
2. Place salmon fillets in a shallow dish and pour the honey garlic glaze over them. Marinate for 15-30 minutes.
3. Preheat the oven to 375°F (190°C).
4. Place salmon on a baking sheet lined with parchment paper.
5. Bake for 15-20 minutes or until the salmon flakes easily with a fork.
6. Optionally, sprinkle with sesame seeds and chopped green onions for garnish before serving.

Garlic Roasted Sweet Potatoes:

Ingredients:

- 4 small sweet potatoes, peeled and cut into cubes
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon dried rosemary
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 400°F (200°C).
2. In a bowl, toss the sweet potato cubes with olive oil, minced garlic, dried rosemary, salt, and pepper.

3. Spread the sweet potatoes on a baking sheet in a single layer.
4. Roast for about 25-30 minutes, stirring occasionally, until they are tender and slightly crispy.

Serve the Honey Garlic Glazed Salmon with Garlic Roasted Sweet Potatoes for a delicious and healthy meal. Enjoy!