

# Krissy T's Wild Salmon

Kim Ranney, NRDC online marketing and production associate, New York

## INGREDIENTS

- 1 pound wild Alaskan salmon
- 1 packet Goya seasoning for fish  
or store-bought salmon seasoning
- 1 teaspoon garlic salt
- Juice of one lemon
- 1/4 cup balsamic vinegar
- 1/4 cup sodium-free soy sauce
- 1 to 2 tablespoons mayonnaise

**Note:** Make sure the salmon is wild-caught from Alaska. Farmed fish can contain pesticides and antibiotic residue. Salmon farming also pollutes the ocean, and escaped farmed fish can spread diseases to wild fish.

## TIP

Serve hot. This dish is great with salad or broccoli and couscous.

## PREPARATION

1. Combine lemon juice, vinegar and soy sauce for marinade.
2. Rub salmon with seasoning and garlic salt, fork the salmon and pour marinade over it. Refrigerate for 20 to 30 minutes.
3. Preheat broiler on low for 20 minutes.
4. Broil salmon for 10 to 15 minutes, spooning marinade over it during cooking. If water is needed, add by 1/4 cup at a time to pan.
5. After salmon is light pink outside, spread a thin layer of mayonnaise across the top and turn broiler to high. Broil until mayonnaise caramelizes. Add water to pan if needed and spoon marinade again over salmon.

Serves 2 to 3.