

Garlic Brown Sugar Glazed Salmon and Sautéed Green Beans and Mushrooms

By Ashlie McDonald , Grade 10

Directions: Preheat oven to 350 degrees, cut salmon into serving sizes, this recipe can be good for about 2-4 servings of it. Take a relatively big piece of tin foil and lay it on a cookie sheet, add salt and pepper and place salmon in the foil. Next fold up edges to create a pocket.

Next, in a bowl measure out the ingredients for the glaze. You will need the following:

- 2 tablespoons of olive oil
- $\frac{1}{4}$ cup of brown sugar
- $\frac{1}{4}$ cup of soy sauce
- 3 garlic cloves, minced
- Juice of one lemon
- 1 teaspoon of salt
- $\frac{1}{2}$ teaspoon of pepper

After the salmon is prepared, whisk together the ingredients in a large bowl and pour over the salmon. After take another flat of foil and place it over the salmon, crimping the edges to seal it. Bake the salmon for 20-25 minutes (do not overcook). Afterwards broil for about 3-5 minutes or until brown and caramelized.

For the green beans you will need:

- 1 tablespoon of olive oil
- 3 finely chopped garlic cloves
- $1 \frac{1}{2}$ cups of sliced cremini mushrooms
- $\frac{1}{2}$ teaspoon of dried oregano
- 4 teaspoons of salt
- Black pepper
- $\frac{1}{2}$ cup of vegetable broth or $\frac{1}{2}$ cup of water
- $\frac{1}{2}$ cup of white wine
- $2 \frac{1}{2}$ cups of green beans cut into 1 inch pieces or halved (french cut depending on preference)

Directions: In a large nonstick pan, put it on medium heat, sauté the garlic in olive oil for about 2 minutes. Make sure to stir frequently. Add mushrooms, oregano, salt and pepper, and sauté until mushrooms begin to release moisture. (2-3 minutes)

Next add vegetable broth or water and bring the heat up, rising it to a boil. Let simmer for about a minute. Add white wine and green beans, cover and simmer for about 2 minutes then uncover and cook for about 3-4 more minutes or until desired tenderness is reached.