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Selections from our “Mucho Easy” Recipe Collection

### *Dale and Susan’s Baked Salmon*

(courtesy of Tony's Seafood in Oregon City)

When we go to San Francisco we always have to make a detour on the way to Oregon to visit Lisa's family, and Tony's Seafood is an annual stop. This recipe is actually weight watchers approved and worth a try.

#### Ingredients:

1/2 cup ketchup  
2 tablespoons lemon juice  
1 tablespoon low sodium soy sauce  
1/4 teaspoon ground ginger (or more  
if you like ginger)  
Orange zest from 2 oranges  
1 1/2 pound of salmon filet

Mix together ketchup, lemon juice, soy sauce, and ginger in small pan. Bring to boil over med heat. Reduce heat and simmer, stirring occasionally for about 5 minutes. Remove from heat and stir in orange zest.

Put salmon on foil skin side down. Spoon sauce evenly over top of fish and grill to 135 degrees F (at thickest part of filet) or put on cookie sheet with sides and bake at 350 until fish is opaque in center, about 15 min.

Serves 4.

Enjoy with friends!

For more “Mucho Easy” recipes, visit [www.mapleleather.com/recipes](http://www.mapleleather.com/recipes)