



Honey-Dijon Salmon

shared by:
Fire Station 53
8480 SW Scholls Ferry Rd., Beaverton



Ingredients

1/3 cup reduced-sodium soy sauce
1/4 cup orange juice
1/4 cup honey
4 green onions, thinly sliced
1 tablespoon olive oil
1 tablespoon cooking sherry
1 tablespoon minced fresh gingerroot or ground ginger
1/8 teaspoon red pepper flakes (optional)
2 teaspoons Dijon mustard
4 – 6 ounce salmon fillets about 1-inch thick

Directions

In a large resealable bag, combine the first 9 ingredients and shake in the bag. Add salmon. Seal bag and turn to coat. Refrigerate for about 1 hour, turning several times. Drain and discard marinade. Grill or place in a foil-lined square baking dish coated with non-stick cooking spray. Bake at 350 degrees for about 30 minutes or until fish is done.

Station 53 is located in the Progress area near the Washington Square Mall. In addition to responding to the District's largest commercial development, this station serves well-established neighborhoods in eastern Washington County and is "first-in" on a significant number of motor vehicle accidents on Highway 217. The station is also home to one-half of the District's Hazardous Materials Team.