

Healthy Honey Garlic Baked Salmon

A Flavor-Packed Dinner That's Rich in Protein and Heart-Healthy Omega-3s

If you're looking for a meal that's both nourishing and incredibly delicious, this Healthy Honey Garlic Baked Salmon deserves a spot on your weekly menu. Tender salmon fillets are coated in a sweet and savory honey garlic glaze, then baked until perfectly flaky. It's a simple recipe that feels restaurant-worthy while using wholesome ingredients you likely already have at home.

Salmon is one of the best sources of omega-3 fatty acids, which support heart health, brain function, and overall wellness. Paired with fresh garlic, a touch of honey, and a squeeze of lemon, this dish delivers incredible flavor without relying on heavy sauces or excessive sodium.

Whether you're preparing a quick family dinner or meal prepping lunches for the week, this healthy baked salmon recipe is satisfying, easy to make, and ready in about 30 minutes.

Healthy Honey Garlic Baked Salmon Recipe

Prep Time: 10 minutes

Cook Time: 15–18 minutes

Total Time: 25–30 minutes

Servings: 4

Ingredients

- 4 salmon fillets (about 6 ounces each), skin on or skin removed
- 3 tablespoons honey
- 3 cloves garlic, minced
- 2 tablespoons low-sodium soy sauce (*or use 1½ tablespoons regular soy sauce + ½ tablespoon water. If using regular soy sauce, you may want to reduce or omit the sea salt to prevent the glaze from becoming too salty.*)
- 1 tablespoon fresh lemon juice (*or 1 tablespoon bottled lemon juice*)
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper
- ¼ teaspoon sea salt (*optional if using regular soy sauce*)
- 1 tablespoon chopped fresh parsley (*or 1 teaspoon dried parsley flakes*)
- Lemon slices for garnish (optional)

Optional Side Dishes

- Roasted broccoli
- Steamed asparagus
- Brown rice
- Quinoa
- Roasted sweet potatoes
- Mixed green salad

Instructions

Step 1

Preheat your oven to **400°F (200°C)**.

Lightly grease a baking dish or line it with parchment paper.

Step 2

Pat the salmon fillets dry with paper towels.

If you prefer skinless salmon, you can remove the skin before cooking. Place the salmon skin-side down on a cutting board and carefully slide a sharp knife between the flesh and the skin while gently pulling the skin away.

If the skin is difficult to remove, you can first place the salmon **skin-side down in warm (not hot) water for 30–60 seconds**. This can help loosen the skin, making it easier to separate from the flesh. Remove the salmon from the water, pat it completely dry with paper towels, then remove the skin with a sharp knife.

If you're purchasing fresh salmon from a seafood counter, you can also ask the staff to remove the skin for you before you take it home.

Place the salmon fillets in the prepared baking dish.

Step 3

In a small bowl, whisk together:

- Honey
- Garlic
- Soy sauce
- Lemon juice
- Olive oil

- Dijon mustard
- Smoked paprika
- Black pepper
- Sea salt (*if using low-sodium soy sauce; reduce or omit if using regular soy sauce*)

Step 4

Brush the honey garlic glaze generously over each salmon fillet.

If desired, reserve a small amount of the glaze **before brushing it onto the raw salmon** to drizzle over the cooked fish when serving.

Step 5

Bake for **15–18 minutes**, depending on the thickness of the salmon, or until it flakes easily with a fork and reaches an internal temperature of **145°F (63°C)**.

Step 6

Remove from the oven and spoon the flavorful juices from the baking dish over the salmon.

Step 7

Sprinkle with **fresh parsley** or **dried parsley flakes** and garnish with lemon slices before serving.

Nutrition Facts

Per Serving (1 salmon fillet)

Nutrient	Amount
Calories	355

Nutrient	Amount
Protein	35 g
Carbohydrates	11 g
Fat	19 g
Saturated Fat	3 g
Fiber	0 g
Sugar	10 g
Sodium	390 mg*
Potassium	720 mg
Calcium	25 mg
Iron	1.2 mg
Omega-3 Fatty Acids	Approximately 2,000 mg

*Nutrition values are approximate and will vary depending on whether low-sodium or regular soy sauce is used and any ingredient substitutions.

Why You'll Love This Recipe

- Rich in heart-healthy omega-3 fatty acids
- High in protein to help keep you feeling full
- Sweet and savory flavor with simple pantry ingredients
- Ready in about 30 minutes
- Perfect for busy weeknights
- Naturally gluten-free when using gluten-free soy sauce
- Great for meal prep
- Easy to customize with common ingredient substitutions

Helpful Tips

- Choose salmon fillets that are similar in thickness so they cook evenly.
- Don't overcook the salmon—it should flake easily while

remaining moist inside.

- Marinate the salmon for **15–30 minutes** before baking for even more flavor.
- If you prefer **skinless salmon**, remove the skin before baking using a sharp knife, try the warm water method, or ask your grocery store's seafood department to remove it for you.
- If the skin is difficult to remove, place the salmon **skin-side down in warm (not hot) water for 30–60 seconds**, pat it completely dry, then carefully slide a sharp knife between the flesh and the skin. Avoid using hot water, as it can begin to cook the edges of the salmon.
- If using **regular soy sauce** instead of **low-sodium soy sauce**, consider reducing or omitting the added sea salt to keep the glaze from becoming overly salty.
- **Bottled lemon juice** works well if you don't have fresh lemons available.
- **Dried parsley flakes** are a convenient substitute for fresh parsley. Use about **1 teaspoon dried parsley** in place of **1 tablespoon fresh parsley**.
- Pair with roasted vegetables or a whole grain for a balanced meal.
- Store leftovers in an airtight container in the refrigerator for up to **3 days**.

Frequently Asked Questions

Can I use frozen salmon?

Yes. Thaw the salmon completely and pat it dry before adding the glaze for the best texture and flavor.

Can I cook this in the air fryer?

Absolutely. Air fry at **390°F** for **8–10 minutes**, depending on

the thickness of the fillets and your air fryer model.

What vegetables pair well with this salmon?

Broccoli, asparagus, Brussels sprouts, green beans, zucchini, carrots, roasted sweet potatoes, and cauliflower all pair wonderfully with the honey garlic glaze.

Is Honey Garlic Baked Salmon healthy?

Yes. Salmon is naturally rich in high-quality protein, omega-3 fatty acids, vitamin D, selenium, and B vitamins. Combined with a light honey garlic glaze and baked instead of fried, this recipe is a nutritious choice that fits well into a balanced eating pattern.

Can I make this recipe ahead of time?

Yes. You can prepare the honey garlic glaze up to **2 days in advance** and store it in the refrigerator. You can also marinate the salmon for **15–30 minutes** before baking to enhance the flavor.

Can I use bottled lemon juice instead of fresh?

Yes. Bottled lemon juice is a convenient substitute and works well in this recipe when fresh lemons aren't available.

Can I use dried parsley instead of fresh parsley?

Absolutely. Replace **1 tablespoon of fresh parsley** with **1 teaspoon of dried parsley flakes**. Sprinkle the dried parsley over the salmon after baking for the best flavor and presentation.

Can I remove the skin from the salmon?

Yes. You can prepare this recipe with either **skin-on or skinless salmon fillets**.

To remove the skin, place the salmon skin-side down on a cutting board and carefully slide a sharp knife between the flesh and the skin while gently pulling the skin away.

If the skin is difficult to remove, try the **warm water method**. Place the salmon **skin-side down in warm (not hot) water for 30–60 seconds**, then pat it completely dry. The skin should loosen, making it easier to remove with a sharp knife.

If you're buying fresh salmon from a seafood counter, you can also ask the staff to remove the skin for you before you take it home.

Tip: Avoid using hot water or soaking the salmon for too long, as it can begin to cook the outer edges of the fish.