

Poached Salmon with Creamy Piccata Sauce

Ingredients

1 lb Salmon, cut into 4 portions	4 tsp capers, rinsed
1 cup dry white wine, divided	1/4 cup reduced-fat sour cream
2 tsp extra-virgin olive oil	1/4 tsp salt
1 large shallot, minced	1 tbsp chopped fresh dill
2 tbsp lemon juice	1 tsp cornstarch

Directions

Place salmon in a large skillet. Add 1/2 cup wine and enough water to just cover the salmon. Bring to a boil over high heat. Reduce to a simmer, turn the salmon over, cover & cook for 5 minutes. Remove from the heat.

Meanwhile, heat oil in a medium skillet over medium-high heat. Add shallot and cook, stirring, until fragrant, about 30 seconds. Add the remaining 1/2 cup wine and cornstarch; boil until slightly reduced, about 1 minute. Stir in lemon juice and capers; cook 1 minute more. Remove from the heat; stir in sour cream & salt. *(Tip: Add some sun dried tomatoes to the sauce for something extra!)*

To serve: Top the salmon with the sauce and garnish with dill.

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