

Poached Salmon with Dill Sauce

Ingredients

- 1 lb Salmon Fillet, cut into 4 pieces
- 1/4 cup fat-free mayonnaise
- 1/4 cup reduced-fat plain yogurt
- 2 to 3 tbsp minced fresh dill
- 1 green onion, chopped
- 1 1/2 tsp minced fresh basil
- 4 whole peppercorns
- 1 bay leaf

Directions

For dill sauce, combine the mayonnaise, yogurt, dill, onion and basil in a blender; cover and process until smooth. Cover and refrigerate until serving.

Place 2 inches of water in a large skillet. Add peppercorns and bay leaf. Bring to a boil. Reduce heat; add salmon. Cook, uncovered, for 4-8 minutes, or until fish flakes easily with a fork.

Remove fish with slotted spoon. Discard bay leaf. Serve fish with dill sauce.

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