

## POACHED SALMON & DILL CREAM SAUCE

Poaching is a great cooking technique to learn and use. No fat is used in the cooking process, it cooks foods quickly and imparts great flavor to foods as they cook. And as this recipe shows, we can use the cooking liquid as part of a flavorful sauce.

### INGREDIENTS

#### COOKING LIQUID:

<b>1 ½ Cup</b>	Water	<b>1 Each</b>	Lemon, Sliced
<b>1 ½ Cup</b>	White Wine	<b>1 tablespoon</b>	Dill, Dried
<b>2 tablespoon</b>	Shallot, Sliced		
<b>4 each</b>	4 ounce skinless Salmon Filets		

#### SAUCE:

<b>½ Cup</b>	Fat Free Yogurt	<b>1 tablespoon</b>	Dill, Dried
<b>1 teaspoon</b>	Garlic, Minced	<b>2 tablespoon</b>	Cooking liquid
<b>1 tablespoon</b>	Lemon Juice		

### METHOD:

- Place all Cooking Liquid ingredients into a medium pot and bring to a simmer. Reduce heat so that the liquid is not bubbling, but slightly steaming and steep for about 30 minutes.
- While cooking liquid is steeping mix all sauce ingredients (*except cooking liquid*) in a small bowl, set aside.
- Poach salmon in cooking liquid for roughly 3-5 minutes or until 140°F internal temperature.
- Remove salmon from liquid, spoon 2 tablespoons of cooking liquid into sauce until desired consistency is reached.
- Top salmon with 2 tablespoons of sauce and serve warm.

**Serves:** 4

**Serving Size:** 1 fillet and 2 T sauce

**Calories:** 190

**Fat:** 7 gram

**Sodium:** 65 milligrams

**Carbohydrate:** 2 grams

**Fiber:** 0 grams

**Protein:** 26 grams

