



Poached Salmon with Creamy Herb Sauce

Prep: 15 minutes

Cook: 5 minutes plus standing • Serves: 4

- 6 sprigs fresh dill
- 1 small lemon, thinly sliced plus additional slices for garnish
- 2 cups plus 1 tablespoon water
- 1 cup dry white wine
- 2¼ teaspoons salt
- 1¼ pounds fresh salmon fillet
- ½ cup Essential Everyday® light mayonnaise
- ⅓ cup chopped assorted fresh herbs such as chives, dill, tarragon or thyme leaves plus additional for garnish
- ¼ cup County Market® light sour cream
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- ¼ teaspoon ground black pepper

1. In large skillet, add dill sprigs, lemon slices, 2 cups water, wine and 2 teaspoons salt; cover and heat to boiling over high heat. Add salmon, skin side down, to skillet. Cover and cook 7 to 9 minutes or until salmon turns almost opaque throughout and reaches an internal temperature of 145°. Remove salmon from skillet and pat dry with paper towels; remove skin, if desired.

2. Meanwhile, in small bowl, stir mayonnaise, herbs, sour cream, lemon juice and zest, pepper and remaining 1 tablespoon water and ¼ teaspoon salt. Serve salmon with sauce garnished with lemon slices and herbs, if desired.

*Approximate nutritional values per serving:
406 Calories, 15g Fat (6g Saturated), 77mg Cholesterol,
708mg Sodium, 6g Carbohydrates, 0g Fiber, 25g Protein*

Chef Tip Creamy Herb Sauce can be prepared up to 3 days in advance and refrigerated. Salmon can be poached up to 1 day in advance, refrigerated and served chilled.