

Recipe: Simple Salmon with Dill Sauce

Compliments of: Glendale Memorial Heart Center *Serves:* 6

Ingredients:

- 1 salmon fillet (approximately 2 pounds)
- 2 tablespoons low-sodium soy sauce
- Coarse black pepper

Please turn over for directions >



Glendale Memorial
Hospital and Health Center
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Directions:

Preheat oven to 450 degrees. Rinse salmon fillet and place skin-side down on a flat baking pan. Pour soy sauce over salmon and sprinkle with pepper. Roast salmon using the 10-minute rule—approximately 10 minutes per inch of thickness at the thickest point. If you want to brown the top, brush lightly with olive oil and sear the salmon before roasting, or run briefly under broiler. Serve salmon hot or cold with dill sauce made by combining 1/2 cup low-fat sour cream, 1/2 cup finely chopped cucumber that has been lightly salted and drained, and 1 teaspoon chopped fresh dill (or more to taste).

Each Serving Contains: approximately 288 calories, 5 grams carbohydrate, 31 grams protein,
17 grams fat, 292 milligrams sodium, 0 grams fiber