



Broiled Sour Cream & Dill Salmon

Prep: 15 minutes • Broil: 10 minutes • Serves: 4

- 1 English cucumber, halved crosswise
- ½ small white onion, thinly sliced into rings
- 1 tablespoon red wine vinegar
- 4 teaspoons extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 4 boneless salmon fillets (about 1½ pounds)
- ¼ cup fresh lemon juice
- 1 teaspoon lemon pepper seasoning
- ½ teaspoon garlic powder
- ½ teaspoon onion salt
- ¼ cup light sour cream
- ½ teaspoon chopped fresh dill plus sprigs for garnish
Lemon slices for garnish

1. Into small bowl, with vegetable peeler, cut thin slices from each cucumber half up to seed portion. Stir in onion, vinegar, 1 teaspoon oil, salt and black pepper. Refrigerate until ready to serve.

2. Place oven rack 4 to 5 inches from broiler. Preheat broiler to high. Coat both sides of salmon with remaining 3 teaspoons oil. In shallow baking dish, place salmon, skin side up, and broil 3 to 5 minutes or until skin is lightly browned.

3. With wide spatula, turn salmon. Pour lemon juice over salmon and sprinkle with lemon pepper seasoning, garlic powder and onion salt. Broil salmon 5 minutes.

4. In small bowl, mix sour cream and dill; spread evenly over salmon. Broil 3 to 4 minutes or until sour cream topping is lightly browned, salmon is almost opaque throughout and internal temperature reaches 145°. Slip spatula between salmon skin and flesh to remove skin. Serve salmon over cucumber mixture; garnish with dill sprigs and lemon slices.

Approximate nutritional values per serving: 242 Calories, 11g Fat (41% of total calories), 2g Saturated Fat (7% of total calories), 79mg Cholesterol, 556mg Sodium, 6g Carbohydrates, 1g Fiber, 30g Protein

*Dietary Exchanges:
4 Protein; 2 Fat*

> Healthy Substitute

Substitute onion powder for onion salt: reduce sodium to 356mg.

Fish like salmon are a good source of protein, plus they provide omega 3 fatty acids which are heart-healthy.