



Broiled Salmon with Creamy Lemon-Dill Sauce

Makes 4 servings. Recipe from Cooking Light.

Ingredients

4 (6-ounce) salmon fillets (1 inch thick)
Cooking spray
 $\frac{3}{4}$ tsp kosher salt, divided
 $\frac{1}{4}$ tsp freshly ground black pepper
2 tbsps plain Greek yogurt
3 tbsps canola mayonnaise
 $1\frac{1}{2}$ tps chopped fresh dill
 $1\frac{1}{2}$ tps fresh lemon juice
 $\frac{1}{2}$ tsp minced fresh garlic

Nutritional info

Calories:	426
Total Fat:	25g
Cholesterol:	89mg
Sodium:	598mg
Protein:	37g
Carbohydrates:	14g
Calcium:	111mg
Iron:	1mg
Potassium	656mg

Directions

1. Preheat broiler to high.
2. Arrange fish fillets, skin side down, on a broiler pan coated with cooking spray. Sprinkle the fish evenly with $\frac{1}{2}$ teaspoon salt and pepper. Broil 7 minutes or until desired degree of doneness.
3. While fish cooks, combine yogurt, mayonnaise, dill, lemon juice, remaining $\frac{1}{4}$ teaspoon salt, and garlic in a small bowl, stirring with a whisk until combined. Serve fish with sauce.