

Salmon with Dill Sauce

4-4 ounce salmon fillets
1 Tablespoon olive oil
1 garlic glove, minced
1 Tablespoon fresh dill, chopped
1 fresh lemon, sliced

Sauce:

6 oz plain non-fat yogurt
2 tsp fresh dill
¼ cup fresh cucumber, skins removed and sliced
1 tsp lemon juice
1/8 tsp sea salt

Preheat oven to 400°F. Arrange Salmon in a 9 x 13 inch baking dish. Combine olive oil, garlic and fresh dill. Evenly spread mixture over salmon. Bake for 20-25 minutes or until salmon flakes easily with a fork. For Sauce, combine all ingredients in a food processor. Place one salmon on each plate and garnish with fresh lemon slice and a dollop of dill sauce. Serve with fresh steamed broccoli and brown rice.

Calories 225 Fat 11g Carbohydrate 6g Dietary Fiber 0g Protein 25g Sodium 145mg