



## 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.