

Lemony Grilled Salmon Fillets with Dill Sauce

April Lane - Greeneville, TN

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Servings: 4

Start to Finish Time: 30 minutes

2 medium lemons

4 (6-ounce each) salmon fillets

LEMON-DILL SAUCE

1 1/2 teaspoons cornstarch

1/2 cup water

1/3 cup lemon juice

4 teaspoons butter

3 slices lemon, quartered

1 tablespoon snipped fresh dill

1/4 teaspoon salt

dash cayenne pepper

Preheat the grill.

Trim both ends from the lemons. Cut into thick slices.

Moisten a paper towel with cooking oil. Use long-handled tongs to lightly coat the grill rack.

Grill the salmon and lemon slices, covered, over high heat, OR broil 3-4 inches from the heat, for 3 to 5 minutes on each side or until the fish flakes easily with a fork and the lemons are lightly browned.

For the sauce: In a small saucepan, combine the cornstarch, water and lemon juice. Add the butter. Cook and stir over medium heat until thickened and bubbly. Remove from the heat. Stir in the quartered lemon slices and seasonings.

Serve with the salmon and grilled lemon slices.

Yield: 3/4 cup of sauce

Per Serving (excluding unknown items): 255 Calories; 10g Fat (33.0% calories from fat); 35g Protein; 10g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 290mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Fruit; 1 Fat.