

Lemony Salmon

Dash Magazine

Servings: 6

Preparation Time: 8 minutes

Start to Finish Time: 30 minutes

1 cup low-fat sour cream
3 tablespoons fresh lemon juice
2 teaspoons fresh lemon juice
1 teaspoon grated lemon peel, divided
2 tablespoons honey
1 tablespoon olive oil
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2 tablespoons onion, chopped
6 6-ounce salmon fillets
1 1/2 cups salad greens
4 teaspoons dried dill
4 teaspoons tarragon

Preheat oven to 400 degrees.

Whisk sour cream, one tablespoon lemon juice and 1/2 teaspoon lemon peel in a bowl. Season with salt and pepper. Set aside.

Whisk honey, one tablespoon olive oil, onion, two tablespoons lemon juice and 1/2 teaspoon lemon peel in a 11x7x2-inch baking dish. Add fillets; turn to coat. Cover; chill up to 1 hour, turning fillets occasionally.

Set rack in top third of oven. Line baking sheet with nonstick foil. Transfer salmon to sheet.

Roast until opaque in center, about 14 minutes.

Toss greens with remaining olive oil, lemon juice, dill and tarragon.

Place one fillet on each plate. Add salad. Serve with a dollop of reserved sauce.

Per Serving (excluding unknown items): 309 Calories; 12g Fat (34.6% calories from fat); 37g Protein; 13g Carbohydrate; trace Dietary Fiber; 96mg Cholesterol; 162mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.