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# Poached Salmon with Horseradish Sauce

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## **SALMON**

**4 cups water**

**2 tablespoons lemon juice**

**1 carrot, sliced**

**1 stalk celery, sliced**

**1 teaspoon peppercorns**

**4 four-ounce salmon steaks**

## **HORSERADISH SAUCE**

**1/4 cup reduced calorie mayonnaise**

**1/4 cup plain nonfat yogurt**

**2 teaspoons prepared horseradish**

**1 1/2 teaspoons lemon juice**

**1 1/2 teaspoons chopped chives**

In a large skillet, combine the water, lemon juice, carrot, celery and peppercorns. Bring to a boil over medium to high heat.

Cover, Reduce the heat. Simmer for 10 minutes.

Add the salmon steaks. Cover and simmer for 10 minutes. Remove from the heat and let stand for 8 minutes.

Transfer the salmon to a serving dish.

## **Seafood**

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*Per Serving (excluding unknown items): 888 Calories; 24g Fat (25.0% calories from fat); 141g Protein; 21g Carbohydrate; 5g Dietary Fiber; 355mg Cholesterol; 622mg Sodium. Exchanges: 1/2 Grain(Starch); 19 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.*