

Salmon & Dill Sauce with Lemon Risotto

*Amanda Reed - Nashville, TN
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Servings: 4

SAUCE

*1/2 cup mayonnaise
1/4 cup sour cream
1 tablespoon green onion, chopped
1 tablespoon lemon juice
1 1/2 teaspoons snipped fresh dill
OR 1/2 teaspoon dill weed*

RISOTTO

*3 to 3-1/2 cups chicken broth
2 tablespoons olive oil
1 shallot, finely chopped
1 cup uncooked arborio rice
1 clove garlic, minced
2 tablespoons grated lemon peel
1/4 teaspoon pepper*

SALMON

*4 six-ounce salmon fillets
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil*

Preparation Time: 20 minutes

Cook Time: 30 minutes

In a small bowl, mix the sauce ingredients.
Refrigerate, covered, until serving.

In a small saucepan, bring the broth to a simmer; keep hot.

In a large saucepan, heat the oil over a medium heat. Add the shallot. Cook and stir for 1 to 2 minutes or until tender. Add the rice and garlic. Cook and stir for 1 to 2 minutes or until the rice is coated.

Stir in one-half cup of the hot broth. Reduce the heat to maintain a simmer. Cook and stir until the broth is absorbed. Add the remaining broth, one-half cup at a time, stirring until the broth has been absorbed after each addition, until the rice is tender but firm to the bite, and the risotto is creamy. Remove from the heat. Stir in the lemon peel and pepper.

Meanwhile, sprinkle the fillets with salt and pepper. In a large skillet, heat the oil over medium heat. Add the fillets and cook for 6 to 8 minutes on each side or until the fish begins to flake easily with a fork.

Serve the salmon with the sauce and risotto.

Per Serving (excluding unknown items): 580 Calories; 47g Fat (71.7% calories from fat); 39g Protein; 3g Carbohydrate; trace Dietary Fiber; 104mg Cholesterol; 1118mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	580
% Calories from Fat:	71.7%
% Calories from Carbohydrates:	2.1%
% Calories from Protein:	26.2%
Total Fat (g):	47g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	19g
Polyunsaturated Fat (g):	15g
Cholesterol (mg):	104mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	39g
Sodium (mg):	1118mg
Potassium (mg):	763mg
Calcium (mg):	62mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	712IU
Vitamin A (r.e.):	141RE

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	5.4mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	17mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	580	Calories from Fat: 416
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% Daily Values*

Total Fat	47g	72%
Saturated Fat	8g	41%
Cholesterol	104mg	35%
Sodium	1118mg	47%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	39g	

Vitamin A	14%
Vitamin C	11%
Calcium	6%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.