

Salmon Steaks with Cream Cheese

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

*6 salmon steaks, one-inch thick
1/2 package (8 ounce) low-fat cream cheese, softened
2 tablespoons Parmesan cheese, grated
1 tablespoon parsley, chopped
1 tablespoon fresh basil, chopped
1 tablespoon scallions, chopped
3 tablespoons butter, melted
2 tablespoons lemon juice
salt (to taste)
pepper (to taste)
toothpicks*

Turn on the broiler.

Rinse the salmon with cold water. Pat dry with paper towels. Through the round part of each salmon steak, make a cut to the center bone, creating a pocket for stuffing. Set aside.

In a bowl, combine the cream cheese, Parmesan cheese, parsley, basil and scallions. Blend well. Divide into six equal portions. Form each portion into a flat oval.

Place one oval into the pocket of each steak. Fasten the openings closed with toothpicks. Place the salmon on a well-greased broiler pan.

In a bowl, combine the butter, lemon juice, salt and pepper. Baste the salmon with the butter mixture.

Broil 4 to 5 inches from the heat source for 4 to 5 minutes. Turn the salmon over.

Baste and cook an additional 4 to 5 minutes or until the salmon flakes when tested with a fork.

Per Serving (excluding unknown items): 258 Calories; 12g Fat (43.5% calories from fat); 35g Protein; 1g Carbohydrate; trace Dietary Fiber; 105mg Cholesterol; 204mg Sodium. Exchanges: Lean Meat; 0 Vegetable; 0 Fat.