Poached Salmon with Dill Mustard Sauce

Description

Here's an easy and healthy salmon dish that will bring on the applause.

Ingredients

- 1 lb fresh salmon
- 1 cup white wine
- 1/2 cup water
- 1/4 cup chopped shallots
- 1/2 cup plain yogurt
- 1/4 cup dijon mustard
- 1 tbsp honey
- 1/4 cup fresh lemon juice
- 3 tbsp fresh dill, chopped

Instructions

In a small bowl, blend the plain yogurt, Dijon mustard, honey, lemon juice, and dill. Cover, and refrigerate until ready to serve.

In a medium saucepan over medium heat, place the salmon in the white wine and water. Adjust the amount of water as necessary to just cover the fish. Sprinkle with shallots. Cover the saucepan, and cook 10 to 12 minutes, until salmon is easily flaked with a fork.

Drain, and serve with the yogurt sauce.

Summary

Yield: 4
Source: allrecipes.com - http://allrecipes.com
Prep Time: 30 minutes
Category: Seafood
Cuisine: French