

Simple Salmon with Dill Sauce

Ingredients:

1 fillet salmon (2 lbs)

½ cup sour cream (low-fat)

½ cup cucumber (finely chopped)

2 tbsp soy sauce (low-sodium)

1 tsp fresh dill

1 tbsp olive oil (optional)

Coarse black pepper

Preheat oven to 450° F

Add oil to baking pan

Place fish in pan (skin-side down)

Drizzle soy sauce

Sprinkle pepper

Bake for 10 mins per inch of thickness

Dill Sauce: combine sour cream, cucumber, dill

Mix well

Refrigerate until needed

Fish is done when opaque & flaky

Top fish with dill sauce

Serve hot or cold

Enjoy!