

POACHED SALMON



DIFFICULTY
EASY



TIME
15 MIN



SERVES
4

INGREDIENTS

- Two 3-5 ounce pieces of salmon
- 3-4 slices of lemon
- 6 peppercorns
- 2 sprigs parsley or dill
- ¼ cup dry white wine such as Sauvignon Blanc (optional)

DIRECTIONS

1. In a medium saucepan, fill up to $\frac{2}{3}$ of the way with water. (If using white wine, use slightly less water and add in the wine).
2. Add slices of lemon, 6 black peppercorns and 2 sprigs parsley or dill.
3. Bring to boil, reduce to simmer and add salmon.
4. Cook for 8 minutes or until opaque. Do not boil or fish will be overcooked on outside and raw in middle.
5. You can serve the salmon hot or cold.

NUTRITION FACTS PER SERVING

Calories: 154 **Fat:** 7.1g (Saturated Fat: 1g) **Carbohydrates:** 1.2g **Fiber:** 0.4g **Sugar:** 0.3g
Protein: 22.2g **Sodium:** 51mg



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