

Lemon Dill Salmon



Prep:

5 minutes

Total:

12 - 15 minutes

Makes:

4 servings

Utensil:

11" Large Skillet with Cover

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Contributed By:

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Authorized Saladmaster Dealer

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Recipe Description:

A salmon recipe that is sure to delight the palate and keep your guests coming back for more.

3
bunches
fresh spinach, approximately 5 - 7 ounces (142 - 198 g), washed
2
cups
cherry tomatoes, cut in half
(298
g)
1 1/2
pounds

fresh salmon, rinsed and at room temperature

(680

g)

2

lemons, slice 1 lemon widthwise into rounds and cut other lemon in half

1

tablespoon

fresh dill

(15

mL)

¹/₄

teaspoon

salt

(1.25

mL)

¹/₄

teaspoon

pepper

(1.25

mL)

Directions:

1. Place spinach in bottom of skillet and place 1 cup (159 g) of tomatoes on top of spinach.
2. Place salmon on top of tomatoes and squeeze lemon juice from 2 lemon halves over the salmon. Sprinkle with dill, salt and pepper to taste.
3. Top salmon with lemon rounds and remaining cup (159 g) of tomatoes over salmon.
4. Cover and place heat on medium. Cook for approximately 15 minutes.
5. Reduce heat to low and cook an additional 7 minutes per 1-inch (2.5 cm) of thickness of the salmon, or until center of salmon reaches desired level of doneness.
6. Serve with rice and fresh vegetables.

Tips:

- You can easily double this recipe when you use the Saladmaster Braiser Pan or Saladmaster 7 Qt. Wok. Both pieces feature large capacity, ideal for larger families or for entertaining.

Nutritional Information per Serving

Calories:

283

Total Fat:

7g

Saturated Fat:

1g

Cholesterol:

88mg

Sodium:

470mg

Total Carbs:

19g

Dietary Fiber:

9g

Sugar:

1g

Protein:

43g