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Poached Salmon with Cucumber-Dill Sauce

- 2 Cups wine, dry white
- 1/2 Tsp bouillon, chicken, low-sodium
- 6 Whole peppercorns, black
- 4 Sprigs dill weed, fresh
- 2 Medium bay leaves
- 1 Medium celery chopped
- 1 Small lemon sliced
- 6 Fillets fish, salmon fillet 1/2" thick (4 ounces each)
- 1/3 Cup cucumber(s)
- 1/3 Cup sour cream, nonfat
- 1/3 Cup yogurt, fat-free plain
- 1 Tsp mustard, Dijon

- 1) 1 To make the salmon: Combine the wine, 2 cups of water, bouillon, peppercorns, dillweed, bay leaves, celery, and lemon in a skillet. Bring to a boil; cover, reduce heat, and simmer for 10 minutes.
- 2) 2 Add the salmon to the mixture in the skillet and cook for 10 minutes or until the fish flakes easily. Transfer the salmon to a platter, using a slotted spoon. Cover, and chill thoroughly. Discard the liquid mixture remaining in the skillet.
- 3) 3 To make the cucumber-dill sauce: In a medium bowl, mix together the cucumber, sour cream, yogurt, dillweed, and mustard.
- 4) 4 To serve, place the fillets on individual serving plates. Spoon the sauce evenly over the fillets. Garnish with fresh dillweed sprigs, if using.

Makes 2 Servings

