

Oven Poached Salmon

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This salmon recipe is so easy you will want to make it every day. Succulent salmon fillets are seasoned with white wine, lemon juice and butter and wrapped in tinfoil to poach in your oven. While they are cooking you can whip up a salad or roast vegetables and be sitting down to a delicious and healthy meal before you know it!

Ingredients:

1 lb of salmon fillets
1 teaspoon of butter
1 teaspoon of freshly squeezed lemon juice
1 teaspoon of white wine
Dash of dill

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Spray a piece of foil with nonstick cooking spray and place salmon fillets in the center. Place in a large baking dish.
3. Add lemon juice and wine, and fold foil over to lightly seal. Bake for 10 minutes.
4. Remove from oven and open foil, being careful to avoid steam. Dot the top of the salmon fillets and sprinkle dill over the salmon. Add more wine and lemon juice if all the juices have evaporated. Reseal and bake for 10 more minutes.

Serve as desired.

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