

Main Course

Salmon in Dill Sauce

**Gluten-Free*

Regular consumption of salmon has shown to have many cardiovascular health benefits. Salmon is a good source of omega-3 fatty acids and this fat is great for heart health. Enjoy the way the dill perfectly complements the salmon in this easy to prepare dish.

You'll Need

- 1 pound of salmon steaks
- Salt
- Pepper
- 1/2 tablespoon butter
- 1/2 cup sour cream
- 1/2 teaspoon dried dill

Directions

- Melt the butter in a skillet on medium low heat.
- Cook salmon in the heated skillet approximately 4 minutes on each side.
- Salt and pepper to taste each side of the salmon
- When salmon is done move it to a serving platter.
- Put the sour cream and dill in the skillet and turn heat off.
- Sour cream should be warm after a few minutes.
- Pour over salmon and serve.



Play with your Food

Dill is a wonderful herb and grows like weed! Consider planting some dill. It can grow well in a small household herb garden. Also alter the recipe as you wish. You may feel the recipe needs a bit more dill to meet your liking. Or try fresh dill. The ratio to substitute a fresh herb for a dried herb is approximately 1 Tablespoon of the fresh herb equals 1 teaspoon of the dried.