

Baked Salmon with Creamy Dill Sauce

Unit: Large Skillet or Electric Skillet

1-3 - Fresh Salmon Filets

1 - 8 Oz. Container of Plain low-fat Yogurt (greek yogurt is more creamy :)

1/2 tsp - 1 tsp Apple Cider Vinegar

1 Tbsp Fresh Dill finely chopped (dried dill will work but fresh is better)

First, combine the yogurt, dill and 1/2 tsp of vinegar into a creamy mixture in a small bowl and set aside in the room to warm up in the room.

Next, place the cold salmon filets into a cold skillet. (Large Skillet or Electric Skillet depending on number of fillets) Seal the lid on the unit and rotate the valve below the knob to open.

Turn the heat to medium until a small amount of vapor escapes from the valve and then turn the stove to the lowest setting for 5 minutes. Turn the heat off and remove the lid from the pan for 2-3 minutes.

Spoon the yogurt mixture over the salmon fillets and seal the lid on the unit with it turned off for 2-4 minutes. This will heat up the dill sauce. Enjoy!

****If you cook the yogurt sauce too hot, the milk will separate and appear curdled so make sure it is not heated while the sauce is on it.**



HEALTH QUEST