

# Poached Salmon with Cucumber Dill Sauce

Publix Apron's

**Servings: 4**

**Start to Finish Time: 15 minutes**

**1 seedless cucumber**

**1 teaspoon fresh dill, finely chopped**

**1/2 cup creamy dill dressing (bottled)**

**1/2 teaspoon pepper, divided**

**aluminum foil**

**2 cups water**

**4 (about 1 1/2 pounds) salmon fillets (skin removed)**

**1/2 teaspoon Kosher salt**

Peel the cucumber, if desired, and dice one-half finely (about 1 1/4 cups).

Remove the stems from the dill and chop the dill leaves.

Combine the cucumber, dill dressing and 1/4 teaspoon of pepper. Set aside.

Cut three sheets of aluminum foil about two inches longer than the diameter of a large saute' pan. Punch several holes through the stack. Place the foil in the saute' pan. Add water, lifting the foil sheets so that most of the water settles under the foil.

Preheat the saute' pan on medium for 2 to 3 minutes.

Season both sides of the salmon with salt and 1/4 teaspoon of pepper.

Place the salmon on the foil in the pan.

Sprinkle the dill over the salmon and cover.

Cook 5 to 7 minutes or until 145 degrees and the fish flakes easily.

Serve with the dill sauce.

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Per Serving (excluding unknown items): 1 Calories; trace Fat (8.8% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 239mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.