



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### Dinner: Broiled Salmon in Yogurt Dill Sauce

Serves 4

#### Ingredients

1/2 cup grated, seeded, peeled cucumber  
3/4 cup plain low-fat yogurt  
1 tablespoon chopped fresh dill  
1 teaspoon fresh lemon juice  
1/4 teaspoon minced garlic  
1/4 teaspoon pepper  
1/8 teaspoon kosher salt  
4 Salmon steaks – 1" thick or 6 oz. each  
Salt  
Pepper

#### Directions

1. Prepare yogurt sauce by placing grated cucumber on several layers of paper towels; cover with additional paper towels. Let stand 5 minutes, pressing down occasionally.
2. Combine cucumber, yogurt, dill, lemon juice and garlic in a small bowl. Stir in 1/4t pepper and 1/8t salt. Cover and refrigerate 1 hour.
3. Preheat broiler; cover broiler pan with aluminum foil and spray with cooking spray.
4. Salt and pepper both sides of salmon. Place on broiler pan and slide onto the top rack of the oven.
5. Broil salmon on first side for 4 minutes. Using tongs, turn the salmon over and broil second side for 3 minutes.
6. Remove from oven and serve salmon with yogurt dill sauce spooned over the top.

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