

poached salmon

Ingredients

Relish

2 medium tomatoes, chopped

2 tablespoons yellow onion, finely chopped

2 tablespoons fresh parsley, finely chopped

1 teaspoon red pepper flakes, or to taste

1/4 cup red wine vinegar

2 tablespoons olive oil

black pepper, to taste

Salmon

4 5-ounce salmon steaks

3 cups water

4 black peppercorns

1 lemon, thickly sliced

3 parsley sprigs

1 small onion, thickly sliced

2 bay leaves



1. For relish, combine all ingredients in a bowl and set aside.
2. Using a pan large enough to hold salmon steaks, bring water to a boil and add peppercorns, lemon slices, parsley, onion and bay leaf.
3. Lower heat to a gentle simmer, cover and let flavors infuse for 5 minutes. Add salmon steaks and make sure they are covered with water. Add additional water if needed.
4. Cook, uncovered, for 10 to 12 minutes or until fish is just tender. It will flake easily when tested with a fork. Never let water boil or fish will toughen.
5. Place one salmon steak on each plate. Divide relish between the four plates.

Yield 4 servings, **Serving Size** 1 salmon steak and 1/4 cup relish, **Calories** 246, **Total Fat** 10g, **Saturated Fat** 3g, **Cholesterol** 93mg, **Sodium** 94mg, **Total Fiber** 2g, **Protein** 31g, **Carbohydrates** 7g, **Potassium** 945 mg



National Heart, Lung,
and Blood Institute