

Baked Salmon

INGREDIENTS:

- 1 lb salmon fillet (cut into 4 pieces)
- 2 T chopped shallots
- ¼ C white wine or vermouth
- 2 T lite mayonnaise
- 2 T lite sour cream
- 2 t fresh lemon juice
- 2 t horseradish, freshly chopped or prepared, drained
- 2 t drained capers (optional)

DIRECTIONS:

Preheat oven to 450 degrees F. Prepare a shallow roasting pan or baking dish with nonstick pan spray. Place salmon fillets, skin side down in the pan. Sprinkle the shallots over the fish, pour wine evenly over all. Bake 6-8 minutes or just until the fish is opaque.

While fish is cooking, combine mayonnaise, sour cream, lemon juice, horseradish and capers, if desire, into a small bowl and mix well. Transfer the salmon and shallots to warm serving plates. Top each with a heaping tablespoon of horseradish mayonnaise. Garnish with capers, if desired.

Makes 4 servings.

Calories: 269/serving

NUTRITIONAL INFORMATION PER SERVING:

23.67g protein
4.42g carbohydrates
14g fat
195mg sodium
72mg cholesterol
0g fiber