



## **Lemon Poached Salmon**

Recipe Courtesy Chef Bryan Woolley

4 salmon steaks (about 6-8 ounces each)  
1 lemon, sliced in about 6 slices  
1 cup white wine  
1 cup low fat vegetable broth  
2 bay leaves  
1 tsp dried tarragon  
Salt and freshly cracked pepper

1. Place salmon in an oven 8X8 pan or a 9X13 pan.
2. Pour wine and vegetable broth over salmon.
3. Place lemon, bay leaves, and dried tarragon in liquid with salmon.
4. Salt and pepper to your taste.
5. Place in a 400-degree oven and cover with parchment paper that has been sprayed with vegetable oil. Put the sprayed side against salmon to prevent from sticking.
6. Poach salmon for about 20 minutes. Remove and serve with roasted vegetables.

### **Nutrition Analysis**

Serving Size: One 6-oz Salmon Steak

Calories	363
Total Fat	18g
Saturated Fat	4g
Cholesterol	99mg
Sodium	788mg
Carbohydrate	5g
Protein	34g

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### **Diabetic Exchanges**

Protein	5
Fat	4
Carbohydrate	0