



SALMON w/POTATOES and HORSERADISH SAUCE

Intermediate Lifestyle

INGREDIENTS

3 TBS canola oil, divided
1 pound baby red potatoes, cut into 1/4-in.-thick slices
1/2 cup water
1 TSP kosher salt, divided
3/4 TSP black pepper, divided
4 (6-oz.) skin-on salmon fillets (1 in. thick)
1/2 cup light sour cream
2 TBS chopped
fresh dill
1 TBS creamy prepared horseradish

INSTRUCTIONS

—Heat 1-1/2 TBS oil in a large nonstick skillet over medium-high. Add potatoes; cook 8 minutes or until golden, stirring occasionally. Add 1/2 cup water; bring to a boil. Reduce heat and simmer, partially covered, 8 minutes or until potatoes are tender. Sprinkle with 1/2 TSP salt and 1/2 TSP pepper.

—Meanwhile, heat remaining 1-1/2 TBS oil in a large skillet over high. Sprinkle salmon with remaining 1/2 TSP salt and remaining 1/4 TSP pepper. Add salmon to pan; cook 4 minutes on each side or until desired degree of doneness.

—Combine sour cream, dill, and horseradish in a bowl. Serve with salmon and potatoes.

SERVING INFO: (Serves 4)

1 fillet, 1/2 cup potatoes, 1-1/2 TBS sauce = 1 P, 1 G, 1 FT