

Your Spring Power Salad

Who knew getting your omega-3s could be so enjoyable? Recipe developed by *Caroline Wright*



Poached Salmon and Watercress Salad with Dill-Yogurt Dressing

Prep: 15 minutes

Cook: 15 minutes

Makes: 4 servings

- 1 celery stalk, cut into 2-inch pieces
- 1 bunch scallions, greens sliced into ½-inch pieces, whites left whole, divided
- 1 lemon, halved: cut half into slices, zest and juice remaining half (½ teaspoon zest, 1 tablespoon juice), divided
- 1 teaspoon kosher salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 4 (6-ounce) salmon fillets, skinned (about 2 inches thick)
- ½ cup plain low-fat yogurt
- 2 tablespoons chopped fresh dill plus ½ cup fronds, divided
- ½ teaspoon grated fresh horseradish
- 1 tablespoon extra-virgin olive oil
- 2 bunches watercress, thick stems removed (about 8 cups)
- 1 cup sugar snap peas, thinly sliced crosswise (3 ounces)
- 1 small bunch radishes, sliced (1½ cups)

1. Fill a high-sided skillet or large pot with 6 cups water; add celery, scallion whites, and lemon slices to pot. Add ½ teaspoon salt and ½ teaspoon pepper. Bring to a boil over high heat; cover, reduce heat, and simmer. Cook until fragrant (8–10 minutes). Add salmon (water should just cover fillets) to pot; cover and gently simmer until fish is opaque (5–8 minutes). With tongs or a fish spatula, remove salmon from broth; set aside on a cutting board to cool.

2. While fish is poaching, make the dressing: In a medium bowl, combine yogurt, chopped dill, horseradish, lemon zest, lemon juice, oil, ½ teaspoon salt, and ¼ teaspoon pepper, whisking well. Arrange watercress, snap peas, radishes, and dill fronds on 4 plates; top with salmon, and sprinkle with scallion greens. Drizzle with dressing; serve.

only
357
calories

Serving size: 2 cups salad, 6 ounces salmon, and 2 tablespoons dressing

Calories 357; Fat 16g (sat 3g, mono 7g, poly 5g); Cholesterol 109mg; Protein 43g; Carbohydrate 9g; Sugars 4g; Fiber 3g; Iron 3mg; Sodium 432mg; Calcium 206mg