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### Poached Salmon

This fresh salmon is so quick and easy that it will become an on-the-go favorite. The hint of cloves gives it a distinctive flavor. For a change of taste, try topping it with [Yogurt Dill Sauce](#)."

**Serves 4** – about 3 oz. per serving  
1-lb salmon fillet (1 – 1-1/2 in. thick) or 4 salmon steaks, about 4 oz. each

Poaching Liquid	
3/4 c	water
3/4 c	dry white wine (regular or nonalcoholic)
1	medium onion, chopped (about 3/4 cup)
1	bay leaf
1/4 t	pepper
1/8 t	ground cloves
1/8 t	dried thyme, crumbled
1	medium lemon, quartered (optional)

Rinse salmon and pat dry with paper towels.

In a large skillet, combine all poaching liquid ingredients. Bring to a simmer, covered over medium-high heat. Reduce heat to medium-low and cook, partially covered, for 5 minutes.

Add salmon. If necessary, add water to barely cover. Simmer cover for 10-15 minutes or until fish flakes easily when tested with a fork. Remove from liquid and serve with lemon wedges and/or yogurt dill sauce (recipe follows).

#### Nutrient Facts *Based on four servings.*

Calories	164 calories
Protein	23 gm
Carbohydrate	0 gm
Cholesterol	64 mg
Total Fat	7 gm
Saturated Fat	1 gm
Polyunsaturated Fat	3 gm
Monounsaturated	2 gm
Fat	
Fiber	0 mg
Sodium	50 mg
Potassium	564 mg
Calcium	14 mg

*American Heart Association, Low-Salt Cookbook, 2d ed.,  
Clarkson Potter, NY, 2001.*