

Salmon with Lemon Dill Sauce

Submitted by Heidi Sullivan

4 salmon steaks or fillets (3/4"2 cm thick)

1 medium onion, sliced

1 c. Boiling water (250 ml)

1 chicken bouillon cube

1 tsp lemon juice (15 ml)

1 tsp Dill weed (15 ml)

2 tsp margarine/butter (30 ml)

2 tsp all purpose flour (30 ml)

3/4 tsp salt (3 ml)

1/4 c skim milk (60 ml)

2 tsp lemon juice (30 ml)

Arrange salmon steaks or fillets in a shallow rectangular (9" X 13" or 23 cm X 33cm) Pyrex baking dish. Top with separated onion rings. Dissolve the bouillon cube in boiling water; add lemon juice and dill weed. Mix and pour over salmon, cover with plastic wrap and microwave at "high" setting for 10 minutes or until salmon flakes easily with a fork. Let stand covered for 5 minutes and prepare sauce.

Sauce: Melt margarine or butter. Blend in flour and salt, stir in milk, lemon juice and the fish cooking liquid and microwave on "high" for 2 minutes until it bubbles, stirring well. Put fish onto warmed plate and pour sauce over top and serve. Makes 4 servings.