

# Salmon with Garlic Dijon Cream Sauce

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Serves 4

Blue – 4 points

Purple – 4 points

Green – 4 points PLUS the salmon points, depending on your salmon portion

- 4 6oz salmon filets
- 4 Tbsp light butter
- 4 cloves garlic, minced
- 1 Tbsp dijon mustard
- 1 cup fat free half and half
- 2 tsp fresh dill (or 1 tsp dried)
- 1 Tbsp flour

1. Season the salmon lightly with salt and pepper on each side.
2. Cook your salmon however you would like – on the grill, in a skillet or in the oven. Cook about 5-6 minutes on each side until the internal temperature reaches 140-145F

3. To make the sauce, melt butter in a small saucepan. Add the garlic and cook for about 1 minute. Whisk in the flour until blended and smooth.
4. Gradually add the half and half and reduce heat to medium low. Stir in the Dijon mustard and dill. Salt and pepper to taste. Serve over salmon.