

Salmon with Tarragon Sauce

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Serves 4

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:61fc7be90c5e5c2e851e5d1e>

- 1/3 cup non fat plain greek yogurt
- 1/4 cup light mayo
- 2 Tbsp green onion, thinly sliced
- 2 Tbsp minced fresh parsley
- 1 tsp chopped fresh tarragon OR 1/2 tsp dried tarragon
- 1/4 tsp salt
- 1/8 tsp white pepper
- 1 tsp lemon juice
- 4 5oz salmon filets

1. In a bowl, combine the yogurt, mayo, onion, parsley, tarragon, salt and pepper. Cover and refrigerate for 15 minutes
2. Cook salmon as desired – grill, pan sear, bake or poach.
3. Top salmon with tarragon sauce

Main Course
Seafood

salmon