



Featuring: Omega 3 fats. Salmon is one of the best sources of omega-3 fats, which are important for retina and brain health.

With the New Year comes new beginnings. This pan-roasted salmon is a great recipe for those looking to eat healthier and try new foods in 2018. The pan-roasted cooking method is wonderful for salmon because it is quick and tasty. The sour cream dill sauce is yummy and zesty and when served on the side is a great option for kids that like to dip! If you have a picky eater, you may choose to simply squeeze a lemon wedge over the salmon, offer sauce on the side, and encourage teeny tiny tastes. If your child isn't ready for tastes, ask your child to get curious about the salmon. How does it look? How does it feel? Keep in mind that it often takes 18 exposures for children (and adults) to try a new food so keep trying, be a role model, and keep meal-time positive.

Ingredients



- 4 salmon fillets (about 200g/6 oz each)
- 2 tbsp olive oil
- 3/4 cup sour cream (5 or 7%)
- 1 tsp lemon zest (or zest of 1 lemon)
- 2 tbsp fresh lemon juice
- 1 tbsp capers, drained
- 2 tbsp chopped fresh dill
- salt & pepper as desired

Method

1. Dry the salmon by pressing it between paper towels. Lightly season the salmon with salt and pepper (if desired). Heat oil in a large heavy bottomed pan over medium-high heat until oil shimmers. Add the salmon fillets (skin side down - if they have skin) immediately reducing the heat to medium-low and cook for 6 minutes.
2. Flip the fish and cook on the second side for 1 minute longer (or until the thickest part registers 130 degrees Fahrenheit). Transfer to a plate and let rest for 5 minutes.
3. In a small bowl mix sour cream, lemon zest, lemon juice, capers, and dill. Serve over salmon or on the side for dipping. Enjoy!