

# Salmon with Sorrel Sauce



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

# MRLAEF

## Ingredients

4 – 6-ounce salmon fillet

¼ tsp salt

¼ tsp black pepper

1 cup sorrel,

½ cup fresh parsley,  
chopped

½ cup snipped fresh chives

1 ½ tsp minced shallots

¼ tsp salt

½ cup yogurt or crème fresh

Thin sauce with water or white  
wine if necessary

## Directions

Preheat oven to 400 degrees. Season salmon with salt and pepper. Place on a rimmed baking sheet that has been sprayed with nonstick cooking spray or lined with parchment. Bake until fish is cook through, about 12 to 15 minutes or has an internal temperature of 145 degrees.

Combine the last 6 ingredients in a food processor until smooth. Serve over fish.

This also goes well over green vegetables and potatoes or rice.

## Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

## Servings 6

263

11.1g

1.8g

77mg

397mg

4.74g

1.6g

36.4g