

Low-Point Salmon with Pink Peppercorn Sauce

Ingredients:

- 2, 4 oz. boneless, wild-caught salmon fillets
- dash salt and pepper
- 3/4 cup light sour cream
- 1/4 cup 2% milk
- 2 Tbs fresh chopped dill
- 1 1/2 Tbs horseradish sauce
- 2 Tbs pink peppercorns, plus a little extra for garnish
- 1/2 tsp. honey
- 1/2 tsp. salt

Preheat oven to 400 degrees. Place salmon fillets on a baking sheet lined with parchment paper. Sprinkle salmon with salt and pepper. Place salmon in the oven and bake for 12 to 15 minutes (until just barely cooked through).

Place the remaining ingredients in a blender or food processor and puree until smooth. (This sauce makes about a cup. Save any leftovers for sampling on some of your other favorite dishes.) Remove salmon from the oven, drizzle with peppercorn sauce and enjoy!

Total servings - 2

Serving size - 1 salmon fillet with 2 Tbs peppercorn sauce

Points per serving - 6

Points plus per serving - 6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Be the change you want to see in the world." - Anonymous