

## Steamed Salmon and Asparagus with Mustard Dill Sauce



The tangy mustard dill sauce is a great complement to both the salmon and asparagus in this recipe that also provides you with excellent sources of omega-3 fatty acids, vitamin K, niacin, selenium, protein and tryptophan.

**Prep and Cook Time:** 20 minutes

### **Ingredients:**

1-1/2 lb salmon fillet, [skin and bones removed](#) and cut into 4 pieces

1 + 1 TBS fresh lemon juice

2 bunches asparagus, bottom fourth removed

1 TBS extra virgin olive oil

salt and white pepper to taste

#### **Mustard Dill Sauce**

4 oz silken tofu

1 TBS prepared mustard such as Dijon

4 TBS [fresh dill chopped](#)

1 TBS honey

2 TBS fresh lemon juice

1/2 cup water

1/4 tsp salt

1/4 tsp white pepper

2 TBS extra virgin olive oil

**Directions:**

Bring 2 inches of lightly salted water to a boil in a steamer with a tight fitting lid.

While water is coming to a boil, put all sauce ingredients except olive oil in a blender and begin to blend on high speed for about one minute. While blender is running, drizzle olive oil in a little at a time. Set aside.

Cut ends off asparagus. When water is at a full boil place asparagus in steamer basket, cover, and cook until asparagus is tender, about 3-5 minutes, depending on thickness. Remove from steamer, toss with 1 TBS lemon juice, 1 TBS olive oil, salt and pepper.

Rub salmon with 1 TBS lemon juice and season with a little salt and pepper.

Place salmon in the same steamer basket and steam until pink inside, about 3-4 minutes. Place salmon on a plate and pour desired amount of sauce over it and the asparagus. **Serves 4**

**Serving Suggestions:** Serve with  
[Tomato Dandelion Salad](#)

**Healthy Cooking Tips:**

Because the thickness of asparagus varies so much, it is best to check for doneness instead of just relying on timing. The timing in this recipe is approximate. You want it to bend and feel tender but still crisp in the center. Overcooked asparagus will look dull and the dish will lose its freshness. Choose salmon filets from the thickest part of the fish. They will remain moist. Check for doneness by inserting the tip of a knife into the thickest part of the filet. Salmon is best, cooked medium. This means it is still pink in the center. It will be nice and moist cooked this way. Remove it from the steamer when it is cooked slightly less than desired, as it will continue to cook after it is removed from the heat. Adding the olive oil a little at the end of blending the sauce will emulsify it. If, for some reason it breaks and has a rough texture, you can add one tablespoon of water, and it should smooth out.