

Salmon Saute with Mushrooms

Ingredients:

- 14.5 oz low-salt chicken broth
- 6 cups sliced mushrooms
- 2 Tablespoons olive oil
- 2 garlic cloves, minced
- Freshly ground pepper to taste
- ½ cup non-fat plain yogurt
- 2 teaspoons cornstarch
- 4 salmon steaks, about 6 oz ea

Preparation:

Bring broth to boil over high heat and reduce to 1 cup. Set aside. Saute mushrooms in oil in large skillet over high heat 5 min. Reduce heat to med and stir in garlic. Saute 2 min. Season with pepper. Add yogurt and cornstarch to reduced broth and whisk to blend. Whisk yogurt mixture into mushrooms. Bring to a boil, stirring constantly until thickened. Remove from heat. Season salmon steaks with salt and pepper and saute in a lightly oiled non-stick pan over med-high heat 10 min per inch of thickness, or until fish just flakes when tested with a fork. Turn once while cooking. Arrange salmon on a plate top with sauce. Serve with garlic mashed potatoes and buttered peas.

