

GOUT-FRIENDLY RECIPES

Steamed Salmon

Prep and cook time: 35-40 minutes

3-4 salmon fillets (no skin, about 1/2-inch thickness)

On each fillet:

1/4 teaspoon of dill weed

1/4 teaspoon of parsley

salt and pepper

Directions:

- 1 Season the salmon with parsley, salt, and pepper
- 2 After spicing the fillets, place each fillet in its own foil tent so that it can steam appropriately, be sure to secure all ends so that the steam does not escape during cooking
- 3 Place on the grill or in the oven at 350° for approximately 30 minutes
- 4 Be careful of hot steam when opening the foil tent
- 5 Fish should flake easily and be opaque to ensure doneness
- 6 Serve with your choice of steamed vegetables