

CUCUMBER-TOMATO-DILL SAUCE FOR SALMON

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One of my favorite ways to prepare salmon is to do so very simply - brush the fillet with olive or avocado oil and sprinkle it lightly with salt, pepper and dried or fresh dill before grilling or roasting. Super quick, easy and delicious! Then, to take it up a notch, I top it with a dollop of this light, refreshing, chunky cucumber-tomato-dill sauce making a pleasing meal for family or guests. To make it “saucier”, add an additional $\frac{1}{4}$ cup of yogurt.

This sauce is also wonderful served as a condiment with Naan bread, alongside any Indian main course, or with any grilled foods. Double or triple the recipe, slicing the cucumbers and tomatoes in larger pieces, to serve as a salad.

Makes approximately 2 cups sauce

INGREDIENTS

- 1 small to medium-sized cucumber, peeled, small diced
- $\frac{1}{2}$ cup quartered cherry tomatoes
- 1 teaspoon minced garlic
- 2 green onions, white parts only, thinly sliced
- 2 teaspoon fresh dill, finely chopped (or $\frac{1}{2}$ teaspoon dried dill)
- $\frac{1}{2}$ cup plain yogurt (preferably full fat)
- 1 tablespoon white balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper

DIRECTIONS

In a medium bowl, combine all of the ingredients and gently mix well. Refrigerate for at least 30 minutes to allow seasonings to develop before serving.

Sauce will keep for 3 - 5 days in an airtight container stored in the refrigerator. Stir gently to combine just prior to serving.

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