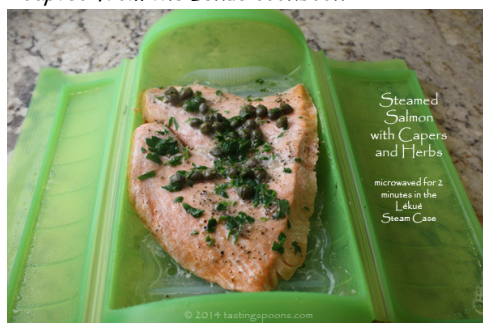


Steamed Salmon with Capers in the Lékue

Adapted from the Lekue cookbook



- 10 ounces salmon fillets
- 2 tablespoons water
- Juice of 1/2 lemon
- Salt and freshly ground black pepper to taste
- 2 teaspoons soft butter
- 2 teaspoons olive oil
- 1 tablespoon capers, drained and rinsed
- 1 tablespoon Italian parsley, divided use

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 2

1. Using the small (1-2 person serving) Lekue case, pour in water and lemon juice. Insert tray.
2. Place salmon fillet on top of the tray and sprinkle with salt and pepper.
3. Spread the fish with the butter and drizzle with olive oil.
4. Add capers and half of the Italian parsley. Fold lids closed.
5. Microwave at 800 watts for 2 minutes (if using thicker salmon, it will take longer). Remove Likue case from microwave and leave the lid closed for one minute longer (it continues to cook).
6. Serve on heated plates and garnish with additional parsley and lemon wedges, if desired.

Per Serving (excluding unknown items): 228 Calories; 12g Fat (48.6% calories from fat); 28g Protein; trace Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 161mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.