SALMON EN PAPILLOTE

Yield: 4 Portions

Ingredients	Amounts
Parchment paper, 16" square	4 sheets
Olive oil	1 tsp.
Salmon filets, cut into 6 oz. portions	4 ea.
Salt	1 tsp.
Black Pepper	½ tsp.
Lemons, peeled, thinly sliced	2 ea.
Celery stalks, cut into 2" strips	1 cup
Shallots, thinly sliced	4 Tbsp.
Parsley, chopped	2 Tbsp.
Tarragon, chopped	2 tsp.
Red bliss potatoes, cooked, thinly sliced	1 lb.
White wine, dry	¼ cup

Method

1. Brush parchment paper with olive oil.
2. Arrange ¾ cup of sliced potatoes on parchment paper, and place one portion of salmon on top of the potatoes.
3. Season the salmon with salt and pepper, top each portion with 2 lemon slices, ¼ cup of celery, 1 Tbsp. of shallots, and 1 Tbsp. of herbs.
4. Sprinkle some white wine onto each salmon piece. Fold the paper over the top of the salmon to create a pouch and crimp the paper edges to seal.
5. Microwave 2 pieces at a time on P10 for 3 ½ minutes, until the paper pouch puffs up.
6. Serve the salmon in the paper and slit in the pouch open with scissors or a pairing knife.

Nutrition Facts

Serving Size 1 serving
Servings Per Container 4

Amount Per Serving

Calories 390	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 105mg	**35%**
Sodium 700mg	**29%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 5g	**20%**
Sugars 2g	
Protein 42g	

Vitamin A 10% • Vitamin C 90%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4