

# WELL-DRESSED SALMON

**Serves 4**

## INGREDIENTS

- 2 small plum tomatoes
- 1/2 English (seedless) cucumber
- 1/4 red onion, finely chopped, divided
- 2 tablespoons Dijon mustard
- 2 tablespoons SPLENDA
- 1/4 cup white wine vinegar
- 1/4 cup extra virgin olive oil (EVOO), plus a drizzle
- 1/4 cup fresh dill, finely chopped
- Salt and freshly ground black pepper
- 4 skinless salmon fillets (6 ounces each)



## DIRECTIONS

Dice the cucumber into quarter-inch pieces. Leave on the peel. Seed and dice the tomatoes into quarter-inch pieces. Combine the cucumber, tomatoes and half of the red onion(half of the 1/4 cup) in a bowl and set aside.

In a small bowl, whisk together the mustard, SPLENDA and white wine vinegar and the remaining half of the red onion. Gently mix in the EVOO while continuing to whisk. Stir in the dill and season the dressing with salt and pepper, to taste.

Season the salmon with a little black pepper. Heat a nonstick skillet with a drizzle of EVOO over medium-high heat (1/4-1/2 tablespoon is all you need). Place the salmon rounded side down and cook until golden and a little crispy at the edges, 3-4 minutes. Flip and cook for 2 minutes more for a pink center, or 4 minutes for opaque fish.

Transfer the salmon to dinner or serving plates; top with the cucumber-tomato relish and cover with a liberal amount of dill dressing.

ENJOY!



Original recipe for WELL-DRESSED SALMON can be found on [www.rachaelray.com](http://www.rachaelray.com).