



Healthy Food, Healthy Families
EFNEP
 EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Sugar Seared Salmon with Cream Sauce

4 4 oz. skinless salmon fillets
 2 Tbsp. unsalted butter
 Green onions (optional)

Rub:

2 Tbsp. sugar
 ½ - 1 tsp. salt
 ½ tsp. garlic powder
 ¼ tsp. black pepper

Sauce: optional

½ cup bottled clam juice (can substitute with another liquid such as water, wine, stock, etc.)
 ¼ cup milk (for a richer sauce, you can use whipping cream)



1. Mix sugar, salt, garlic powder and pepper in bowl.
2. Brush salmon with water to moisten.
3. Sprinkle salmon on both sides with sugar rub.
4. Melt butter in heavy large skillet over high heat.
5. Add salmon and cook until crusty on outside and just opaque in the center (about 4 minutes per side).
6. Transfer salmon to plates.
7. For sauce: add clam juice and milk to skillet.
8. Boil until sauce thickens enough to coat a spoon, scraping up browned bits (about 4 minutes).
9. Spoon over salmon fillet and sprinkle with chopped green onions.

Nutrition Facts	
Serving Size (174g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	24%
Cholesterol 80mg	26%
Sodium 410mg	17%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 23g	
Vitamin A 6%	Vitamin C 0%
Calcium 4%	Iron 6%



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