



BODYBUILDING.com™

Salmon with Beet Cream

Ingredients:

Beets, peeled and chopped, 1 medium or 2 small
Salmon fillets, 24-oz.
Reduced-fat sour cream, 1/2 cup
Olive oil, 2 tbsp
Apple cider vinegar, 1 tbsp
Prepared horseradish, 1 tbsp
Lemon zest, 1 tsp
Salt, 1/4 tsp
Black pepper, 1/4 tsp
Chives, chopped, 2 tbsp

Directions:

1. Preheat your oven to 400 degrees F. Toss the beets with a bit of oil, spread them on a baking sheet, and roast until very tender, about 30 minutes. Remove the beets from the oven.
2. Place the salmon skin-side down on a baking sheet lined with parchment paper, season it with salt and pepper, and bake until the fish is just cooked through in the middle, about 12 minutes.
3. Blend the roasted beets, sour cream, olive oil, vinegar, horseradish, lemon zest, salt, and pepper in a blender or food processor until smooth. If needed, blend in water a tablespoon at a time, to help reach a creamy consistency.
4. Serve the salmon topped with beet cream and chives.