



6470 E. Central
Wichita, KS 67206
(316) 425-TUNA (8862)

Hours:
Tuesday-Friday 10-6
Saturday 10-5
Closed Sunday and Monday

SALMON WITH ONION CAPER SAUCE

4 (6-ounce size) salmon fillets (about 1 inch thick)
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
1/3 cup plain fat-free yogurt
2 tablespoons light mayonnaise
1 tablespoon chopped onion
1 tablespoon capers
1/4 teaspoon salt
4 lemon wedges

Preheat oven to 400F.

Line a jelly roll pan with nonstick foil. Arrange fillets, skin sides down, on foil; sprinkle with pepper and 1/8 teaspoon salt.

Bake at 400F for 12 minutes or until fish flakes easily when tested with a fork.

While fish bakes, process yogurt and next 4 ingredients in a blender until smooth.

Place fillets on a serving platter. Serve with sauce and lemon wedges.