

Kelsey's Salmon with Leeks

Recipe by The Naptime Chef

I'm always on the lookout for a fresh, healthy meal that I can prepare quickly, especially during the week. I want to be able to find the ingredients in my fridge, pantry or freezer and not have spent my grocery budget on dinner that evening.

Once I discovered a great family-oriented site, "[The Naptime Chef](#)", I found a resource that was perfect for giving me new recipes and twists on old favorites to fit my needs for weeknight suppers. Kelsey, AKA "The Naptime Chef", although busy working on her cookbook (coming next year) and publishing almost daily on several online sites, seems never too busy to chat with friends and fans, offer advice and give support to new bloggers such as myself.

It was last year when I discovered Kelsey's terrific recipe for poached salmon with leeks. I like to serve it with whole wheat or Israeli couscous. Simple enough for midweek, it is perfect for an impromptu dinner party.

I have added fresh dill to her recipe, substituted oil for butter and used low-sodium, homemade chicken stock. Since my husband's heart attack two months ago, we have modified our diet and this heart-healthy recipe suits us perfectly. Thanks, Kelsey!

Serves 2

- 1 tablespoon mild-flavored oil, such as grapeseed
- 3 leeks, white and light green portions
- 1 cup chicken stock
- kosher salt and ground white pepper to taste
- 2 portions (6-8 oz.) salmon fillet
- fresh dill

1. Wash the leeks and slice into discs.
2. In a medium-sized skillet, heat the oil and cook the leeks over medium heat for 5 minutes. Season to taste.
3. Pour the stock over the leeks. Add the salmon. Add several dill fronds to stock.
4. Cover pan, reduce heat and gently poach salmon for 8-10 minutes.
5. Remove salmon and leeks to a warm platter. Garnish with fresh, chopped dill and serve.