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Seared Salmon with Fresh Vegetables

Serves: 4



Ingredients

- 1/2 cup plain non-fat Greek yogurt
- 1 tablespoon fresh dill
- 1 tablespoon capers
- 1/2 lemon, juiced and zested
- 1 pound fresh salmon or other fish fillets, skin removed
- 1 cucumber, sliced thinly
- 2 tomatoes, sliced thinly
- Pinch of salt, optional
- Pinch of black pepper
- 1 tablespoon olive oil

Preparation

Combine yogurt, dill, capers and lemon in a small bowl and whisk to combine. Taste and season with salt, if desired.

Heat a medium sauté pan over medium-high heat. Add just enough oil to coat the pan. Season fish with a pinch of salt and pepper and place in sauté pan. Cook for about 6 minutes without moving fish. As the fish begins to cook, it will release from the pan. When fish is crusted and released from the pan, turn and cook for 4 minutes more or until fish begins to flake. Remove from pan and rest for 1-2 minutes.

Arrange vegetables on a plate and top with fish and yogurt sauce. Serve with brown rice or another grain, if desired.

Nutrition per serving: 300 calories; 19g total fat (4g saturated, 0g trans); 63mg cholesterol; 524mg sodium; 6g carbohydrates; 1g fiber; 3g sugars; 26g protein.

