

NORTH AFRICAN STYLE ALASKA SALMON



prep time: 15 cook time: 10 servings: 4

INGREDIENTS

1 can (4 oz.) sliced ripe olives, drained
3/4 cup low-fat plain yogurt
1/2 cup chopped parsley
1/4 cup chopped cilantro
3 Tablespoons lemon juice
2 Tablespoons olive oil
1 Tablespoon minced garlic
2 teaspoons paprika
1 teaspoon ground cumin
1 teaspoon turmeric
1/2 teaspoon salt
1/4 teaspoon red pepper flakes
4 Alaska Salmon steaks or fillets (4 to 6 oz. each)
1-1/2 Tablespoons olive, canola, peanut or grapeseed oil
1 teaspoon lemon pepper seasoning
2 Tablespoons slivered red onion

DIRECTIONS

Reserve 2 tablespoons olives. Blend remaining olives, yogurt, parsley, cilantro, lemon juice, olive oil, garlic, paprika, cumin, turmeric, salt, and pepper flakes; set aside.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and sprinkle with lemon pepper. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

To serve, spoon a dollop of sauce over each salmon portion; sprinkle on reserved olives and slivered onion.

Nutrients per serving: 333 calories, 18.5g total fat, 3g saturated fat, 50% calories from fat, 108mg cholesterol, 32g protein, 9.5g carbohydrate, 2g fiber, 810mg sodium, 156mg calcium and 1g omega-3 fatty acids.



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