

Roasted Salmon with Herbs and Yogurt

*Our Best Recipes
Meredith Corporation*

Servings: 10

2 1/2 pounds wild salmon fillet
salt
black pepper
1 tablespoon extra-virgin olive oil
2 teaspoons dried oregano, crushed
1 lemon
1 cup plain Greek yogurt (not fat-free)
1/2 English cucumber, finely chopped
3 tablespoons shallots, minced
2 tablespoons Italian parsley, chopped
2 tablespoons mint leaves, chopped
2 tablespoons fresh dillweed, chopped
2 tablespoons fresh basil, chopped
1/2 teaspoon sea salt
1/4 teaspoon freshly cracked black pepper
pinch crushed red pepper

Preparation Time: 25 minutes

Roast: 25 minutes

Preheat the oven to 325 degrees.

Line a shallow baking pan with parchment. Place the salmon in the prepared pan. Sprinkle with salt and pepper. Drizzle with olive oil. Rub into the salmon. Sprinkle with oregano.

Roast for 25 to 30 minutes or until the fish flakes easily when tested in the center with a fork.

Remove the zest from the lemon. Set the zest aside. Halve the lemon. Squeeze over the salmon. Top the salmon with some of the yogurt. Sprinkle with the lemon zest and remaining ingredients. Drizzle with olive oil.

Serve with the remaining yogurt.

Make ahead: After roasting the salmon, cover and chill for up to twenty-four hours. Serve chilled or at room temperature.

Per Serving (excluding unknown items): 19 Calories; 1g Fat (57.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 95mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	19	Vitamin B6 (mg):	trace
% Calories from Fat:	57.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	34.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.1%	Riboflavin B2 (mg):	trace

Total Fat (g): 1g
Saturated Fat (g): trace
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 95mg
Potassium (mg): 35mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 542IU
Vitamin A (r.e.): 50 1/2RE

Folacin (mcg): 5mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 19 **Calories from Fat:** 11

% Daily Values*

Total Fat 1g 2%
 Saturated Fat trace 1%
Cholesterol 0mg 0%
Sodium 95mg 4%
Total Carbohydrates 2g 1%
 Dietary Fiber trace 2%
Protein trace

Vitamin A 11%
Vitamin C 9%
Calcium 1%
Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.