

## North African-Style Alaska Salmon



**Preparation Time:** 15 minutes

**Cook Time:** 10 minutes

**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), fresh, thawed or frozen  
1-1/2 Tablespoons olive, canola, peanut or grapeseed oil  
1 teaspoon lemon pepper seasoning  
2 Tablespoons slivered red onion

### **Description:**

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.