
Baked Salmon with Cilantro Jalapeño Yogurt Sauce

Description

Salmon should be on everyone's shopping list – full of lean protein, high in vitamins B12 & D, iron, potassium and healthy omega 3 fatty acids. Cooked to perfection, this rich, buttery fish goes perfectly with a cool, herby yogurt sauce.

Total time: 35 min Yield: 4 to 5 servings

Ingredients

2 clove large garlic (peeled)
2 jalapeños with seeds (stems cut off and sliced into chunks)
1 cup cilantro leaves and stems (packed)
1/4 cup mayonnaise
1/2 cup Greek yogurt
1 Tbsp lime juice (fresh squeezed)
1 tsp garlic salt
1/4 tsp Aleppo pepper flakes
2 Tbsp extra virgin olive oil
2 to 3 lb salmon filet
1 tsp dill
garlic salt & black pepper (to taste)
cooking spray

Prep Time: 20 min Cooking Time: 15 min Total Time: 35 min

Instructions

Preheat oven to 400° F. To make the sauce, start with the garlic and jalapeño in a processor and pulse to chop. Then add the cilantro, mayonnaise, Greek yogurt, lime juice, garlic salt, black pepper and Aleppo pepper flakes and process until smooth. Keep running and slowly drizzle in the extra virgin olive oil. Makes about 1 cup. You will have extra sauce—but this goes great on anything grilled, as a dip or in sandwiches. You won't regret making this sauce!

Season the salmon with dill, garlic salt and black pepper to taste. Bake on a sheet pan or baking dish coated with cooking spray for 12 to 15 minutes until done (internal temperature of 135° F or opaque in the middle). To serve, you can either put sauce onto each plate and lay a serving of salmon on top or a dollop of sauce on top of the salmon.

Recipe brought to you by:

