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Pan-Seared Salmon with Lemon Dill



Photo provided

(Serves 4)

INGREDIENTS

1 cup plain soy or regular yogurt
2 tablespoon chopped fresh dill weed
2 teaspoon lemon zest
1 tablespoon extra-virgin olive oil
1 tablespoon butter
4 (4-oz) skinless salmon fillets
1 tablespoon extra-virgin olive oil
3 cloves garlic, finely chopped
2 cups cooked mixed fresh vegetables or thawed frozen mixed vegetables
Salt and pepper, to taste

DIRECTIONS

In a medium bowl, combine yogurt, dill, lemon zest, and oil. Mix well and set aside.

In a large saute pan, melt butter on medium-high heat. Add salmon fillets and sear for about 3 minutes. Turn fillets over and cook for about 3 more minutes, or until salmon flakes with a fork. Place fish on a warm serving plate.

Heat oil and saute garlic until fragrant. Add vegetables and saute until heated through. Season with salt and pepper.

To serve, arrange vegetables around salmon fillets and spoon yogurt sauce over fillets. Serve warm with couscous.

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[back](#)

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