

## Cajun Salmon with Greek Remoulade

### Ingredients

- 4 (5 ounce) salmon fillets (fresh or frozen, thawed), skin and pin bones removed
- ¼ cup nonfat plain Greek yogurt
- 1 small shallot, finely chopped
- 2 tablespoons finely chopped fresh Italian parsley
- 2 teaspoons cider vinegar
- 1 teaspoon prepared horseradish
- 1 teaspoon Dijon mustard
- ¼ teaspoon sweet paprika plus 1/8 teaspoon, divided
- ⅛ teaspoon garlic powder plus 1/4 teaspoon, divided
- 1 pinch Pinch of salt plus 1/4 teaspoon, divided
- 1 pinch Pinch of ground pepper plus 1/8 teaspoon, divided
- 3 teaspoons olive oil, divided

### Directions

- Bring fish to room temperature by letting it stand on the counter for 15 minutes.
- Whisk together yogurt, shallot, parsley, vinegar, horseradish, mustard, 1/4 tsp. paprika, 1/8 tsp. garlic powder, and a pinch each of salt and pepper in small bowl. Cover and refrigerate until ready to use.
- Pat both sides of the fish dry with a paper towel. Brush both sides with 2 tsp. oil. Season both sides evenly with the remaining 1/4 tsp. each salt and garlic powder, and 1/8 tsp. each paprika and pepper.
- Heat the remaining 1 tsp. oil in a large nonstick skillet over medium-high heat. When hot, add the fish, skinned-side up. Cook, pressing down on the fish with a spatula, but otherwise not moving the fillets, until the undersides are golden brown, about 5 minutes.
- Using the spatula, very carefully flip the fillets. Continue cooking, without moving, until the undersides are golden brown and the fish is opaque and just beginning to flake, another 2 to 3 minutes. Serve immediately, with the remoulade.