



Indian Spiced Roast Salmon

Cooking Light

I only had skinless filets in the freezer when we made this. I'm not sure skin vs. skinless makes much of a difference but do try and use thicker pieces as the thinner ones we used ended up being kind of dry.

- 4 (6 ounce) salmon filets, about one inch thick
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground red pepper (I used paprika)
- 2/3 cup plain, fat free yogurt
- 2 tablespoons chopped fresh cilantro

Heat oven to 425 degrees. Place salmon, skin sides down, on a sheet pan covered with aluminum foil. Brush evenly with juice.

Combine salt and spices and sprinkle evenly over fish.

Bake for 10 minutes or until fish flakes easily when tested with a fork. Combine yogurt and cilantro, and serve with fish.

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