



## EASY HEALTHY GRILLED SALMON WITH SPRING GREEK SALAD

### INGREDIENTS

YIELDS: 4 SERVINGS

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1 6-oz. container Greek yogurt  
2 tbsp. fresh lemon juice  
Kosher salt  
Freshly ground black pepper  
2 tbsp. chopped fresh mint  
1 tbsp. chopped fresh dill  
1 1/4 lb. skinless salmon fillet, cut into 4 pieces  
2 tbsp. red wine vinegar  
1 tbsp. olive oil  
1/2 tsp. dry oregano  
1 1/2 lb. tomatoes, cut into small wedges  
1 seedless cucumber, cut into 1/2" pieces  
1/4 red onion, thinly sliced

### DIRECTIONS

TOTAL TIME: 0:20

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1. In a small bowl, mix together yogurt, lemon juice, and 1/4 teaspoon pepper; fold in mint and dill.
2. Heat grill to medium-high. Season the salmon with 1/4 teaspoon each salt and pepper. Grill until opaque throughout, 3 to 5 minutes per side; transfer to plates.
3. In a large bowl, whisk together vinegar, oil, oregano, and 1/4 teaspoon each salt and pepper. Toss with tomatoes, cucumber, and onion. Serve with the salmon and tzatziki.