



## **Cold Salmon with Raita (serves 8)**

FLT (per serving): 1 protein, 1 oil  
206 calories, 0 g carbohydrates, 28 g protein, 11 g fat

2 pounds salmon fillets (about 1 ½ inches thick)  
1-2 tbsp olive oil

1. Preheat oven to 275 degrees.
2. Place salmon skin side down in ovenproof pan. Brush with olive oil.
3. Roast uncovered until it flakes with a fork, about 25-30 minutes. Do not allow it to overcook.
4. Serve at room temperature. Make a day ahead and refrigerate, but bring to room temperature before serving.
5. Serve topped with Raita or use in other salmon dishes.

### **Raita** (yields 3 cups)

FLT (per serving): free  
28 calories, 5 g carbohydrates, 2 g protein, 0.5 g fat

1/8 tsp. salt  
1 cucumber, chopped into small dice  
1 tomato, chopped into small dice  
1 medium carrot, grated  
¼ cup chopped onion  
1 cup plain, lowfat yogurt  
2-3 tbsp. chopped fresh cilantro or mint OR 1 tsp. ground cumin (optional)

1. In a mixing bowl, mix cucumbers, carrots, and tomatoes with salt and allow to sit for 15-30 minutes. Drain well.
2. Combine with yogurt and optional ingredient, if desired, and chill for 20 minutes.
3. Serve with salmon.