

Around the Table

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Culture Club

Lighten up with four smart (and satisfying) ways to use Greek yogurt

BY SARAH DIGREGORIO

1 Salmon with Creamy Avocado-Mint Sauce

Puree 1 **avocado**, 1 cup lightly packed **fresh mint leaves**, ½ cup **2% Greek yogurt**, ½ seeded **jalapeno**, juice of ½ **lemon**, 1 tsp **kosher salt**, and ½ tsp **freshly ground pepper** in a food processor. Warm 1 Tbsp **olive oil** in a skillet over high heat. Season 4 (4- to 6-oz) **salmon fillets** with **salt** and **pepper**. Sear salmon, flesh side down, until just cooked through, about 6 minutes. Discard

skin. Top salmon with sauce. Serves 4.

PER SERVING: 390 cal, 7g carbs, 42g protein, 22g fat, 110mg chol, 580mg sodium, 2g fiber

2 "Bagel and Lox" Pasta

Melt 1 Tbsp **butter** in a skillet over medium-high heat. Add 2 sliced **shallots** and 5 sliced **garlic cloves**. Season with

kosher salt and cook until translucent, about 5 minutes. Decrease heat to low; add 1 cup **2% Greek yogurt** and ¼ cup **cream cheese**. Stir until melted and combined (don't boil). Turn off heat and add ¾ lb chopped **smoked salmon**. Meanwhile, bring a large pot of salted water to a boil. Cook 1 lb **whole wheat**

fusilli until al dente.

Remove pasta from water with a slotted spoon and transfer directly to skillet with sauce, letting some cooking water cling to pasta. Toss together (off heat) and add a few more splashes of hot cooking water for a looser sauce. Divide pasta among 4 or 5 bowls; top with **freshly ground pepper**, **poppy seeds**, **sesame seeds**, and **capers**.

PER SERVING: 520 cal, 73g carbs, 29g protein, 13g fat, 40mg chol, 720mg sodium, 8g fiber

3 Middle-Eastern Spiced Chicken

Season 1 lb **chicken breast cutlets** with **kosher salt** and **freshly ground pepper**. Warm 1 Tbsp **olive oil** in a skillet over high heat. Sear cutlets until just cooked through, 2 minutes per side. Transfer to a plate. Reduce heat to medium. Add 1 sliced **onion** and 4 crushed **garlic cloves**. Cook 10 minutes, scraping up browned bits on bottom of pan. Add ½ cup chopped **roasted red peppers**; cook 3 minutes. Season with **salt** and add 1 tsp **paprika**, ½ tsp **turmeric**, ½ tsp **ground coriander**, ¼ tsp **cumin seed**, ¼ tsp **cayenne**, and ¼ tsp **ground ginger**. Cook, stirring, for 1 minute. Add 1 Tbsp **honey** and ¼ cup **raisins**. Reduce heat to low; cook 1 minute. Stir in ½ cup **2% Greek yogurt** and juice of ½ **lemon**. Add chicken and any accumulated juices back to skillet. Heat through (do not boil). Top with **slivered almonds**, if desired. Serves 2 to 4.

PER SERVING: 260 cal, 20g carbs, 29g protein, 7g fat, 70mg chol, 370mg sodium, 2g fiber

4 Gingersnap-Maple Parfait

Layer 1 Tbsp crushed **gingersnaps**, 1 Tbsp **pecans**, and 1 Tbsp **golden raisins** in a small glass. Top with 2 Tbsp **fat-free** or **2% Greek yogurt** and drizzle with 1 Tbsp **maple syrup**. Repeat each layer, then sprinkle with 1 additional Tbsp **gingersnaps** and a few **pecans**.

PER PARFAIT: 390 cal, 62g carbs, 8g protein, 14g fat, 0mg chol, 150mg sodium, 3g fiber