

Greek Yogurt-Marinated Salmon

By Lidey Heuck

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Total Time	1½ hours
Prep Time	5 minutes
Cook Time	25 minutes, plus at least 1 hours' marinating
Rating	★★★★★ (427)

This weeknight-friendly recipe leans on Greek yogurt for a fish marinade that not only adds flavor, but also makes for salmon that's even more tender than usual. The yogurt works on the salmon slowly, with less risk of “cooking” (or denaturing) the fish that citrus- or vinegar-based marinades pose, and acts as a protective crust, sealing in moisture as the salmon bakes. The marinade in this recipe calls for mostly pantry and fridge staples, along with grated fresh ginger and garlic, but feel free to use the yogurt as a starting point and add your own favorite spices and seasonings.

INGREDIENTS

Yield: 4 servings

- ½ cup plain Greek yogurt
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon light or dark brown sugar
- 2 teaspoons grated fresh ginger
- 1 large or 2 small garlic cloves, grated or minced
- 1 teaspoon sweet paprika

PREPARATION

Kosher salt (such as Diamond Crystal) and black pepper
4 (6-ounce) skinless salmon fillets
Chopped fresh dill, for serving
1 lemon, quartered, for serving

Step 1

In a large bowl, combine the yogurt, olive oil, mustard, brown sugar, ginger, garlic, paprika, 1 teaspoon salt and ½ teaspoon pepper, and whisk until smooth.

Step 2

Add the salmon fillets, tossing to coat them in the marinade. Cover and refrigerate for at least 1 hour and up to 24 hours. (Do not marinate for longer, or the texture of the fish might become overly soft).

Step 3

Heat the oven to 375 degrees and place a rack in the upper third of the oven. Line a sheet pan with foil and arrange the salmon fillets, evenly spaced, on the pan. Bake for 10 to 12 minutes, depending on the thickness of the fillets and whether they are cut from the center or end of a side of salmon. (The center should still be slightly undercooked; the salmon will finish cooking under the broiler.)

Step 4

Adjust the oven temperature to broil and broil the salmon for 2 to 3 minutes, until the salmon is lightly browned at the edges.

Step 5

Transfer the fillets to a serving dish and season lightly with salt and pepper. Top with chopped fresh dill and serve with the lemon quarters on the side.

Private Notes

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