SALMON HASH & ARUGULA SALAD

By: Simply Creative Chef Rob Scott

Ingredients: Yields 4 servings

¼ cup nonfat plain Greek yogurt
½ tablespoon Dijon mustard
1 tablespoon chopped fresh dill
2 tablespoons extra-virgin olive oil
1 ½ cups frozen cubed hash browns
Kosher salt and freshly ground pepper
½ red onion
1 bell pepper (red or green), chopped
½ pound skinless salmon fillet, cut into ½ inch pieces
4 cups baby arugula
Lemon wedges, for serving (optional)

Directions:

- Mix the yogurt, mustard, and dill in a small bowl
- Heat 1 ½ tablespoons olive oil in a large skillet over medium-high heat
- Add the hash browns, sprinkle with ¼ teaspoon each of salt and pepper and cook until browned, about 12 minutes
- Transfer to a bowl
- Heat the remaining ½ tablespoon olive oil in the skillet, then add the onion, bell pepper, and ¼ teaspoon salt
- Cook until golden, about 8 minutes
- Add the salmon and cook, stirring occasionally, until just cooked through, about 3 minutes
- Return the hash browns to the skillet to heat through, then remove from the heat and stir in 3 tablespoons of the yogurt mixture
- Season with salt and pepper
- Stir 1 tablespoon water into the remaining yogurt mixture and toss with the arugula in a medium bowl
- Serve the salmon hash with the arugula salad and lemon wedges, if desired