



Recipe: Summer Salmon



INGREDIENTS

- Juice from 1 orange
- 1 Tbsp extra-virgin olive oil
- 1 teaspoon honey
- 1 teaspoon mustard
- Skinless salmon fillet (6-ounce)
- 1/4 cup whole-wheat linguine
- 6 asparagus spears (chopped)
- 1/4 medium onion (chopped)
- 1 clove minced garlic
- 4 sprigs fresh parsley
- 2 fresh basil leaves
- 1 teaspoon freshly grated Pecorino cheese
- Kosher salt and ground black pepper (optional)

DIRECTIONS

In a small bowl, whisk together the orange juice, 1 teaspoon olive oil, honey, and mustard. In a medium sauté pan over moderate heat, warm 1 teaspoon olive oil. Add the salmon and cook for 4 minutes. Flip the salmon over, add the orange sauce, and continue to cook until the salmon is golden and cooked through, about 4 more minutes. Season with salt (optional) and pepper and transfer to a plate.

In a medium pot of boiling water, cook the pasta until al dente, about 5 minutes. Add the asparagus and continue cooking for 2 more minutes. Drain the pasta and asparagus and transfer to a bowl.

In a medium sauté pan over moderate heat, warm the remaining 1 teaspoon of olive oil. Add the onion, garlic, parsley, and basil and sauté, stirring occasionally, about 3 minutes. Add the onion and garlic mixture to the pasta, sprinkle with cheese, and toss to combine. Serve the salmon alongside the pasta with asparagus.

NUTRITIONAL INFORMATION:

Serves 2

Per serving: 273 calories, 14 g total fat, 22 g protein, 4 g fiber, 157 mg sodium.