



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Salmon with Lemon-Herb Orzo & Broccoli

This healthy salmon dish is as balanced as it is delicious. You add broccoli right into the pot along with the pasta during its last minute of cooking to save time here. One less thing to wash, too!

Active Time: 25 Mins | Total Time: 25 mins | Servings: 4

NUTRITION NOTES

- Known for its omega-3s, **salmon** is also an excellent source of protein and vitamin B12 for healthy nerves and cells. It provides an array of other vitamins and minerals necessary for overall good health and optimal functioning of your body.
- Orzo** is pasta that is shaped like rice. Whole-wheat orzo will give you more plant protein and fiber, but you'll still get both of these nutrients with regular orzo, just in slightly smaller amounts. Orzo also provides complex carbohydrates for energy and B vitamins to help your body use that energy.
- Loaded with antioxidants, fiber and multiple vitamins and minerals, **broccoli** is especially rich in vitamins C and K. Altogether, the nutrients in broccoli have been linked with a healthy gut, strong bones, healthy skin, reduced inflammation, a strong immune system and lower rates of heart disease and cancer.
- Including **fresh herbs** in your recipes not only adds amazing flavor but health benefits, as well. While you don't use a lot of them at one time, regularly including herbs and spices in your dishes will add antioxidants, vitamins and minerals—and the health benefits will add up over time. This includes reduced inflammation and risk of heart disease and cancer.



Salmon with Lemon-Herb Orzo & Broccoli

Printing
Courtesy of:



INGREDIENTS

- 1 cup orzo, preferably whole-wheat
- 2 cups chopped broccoli (about 1/2 head)
- 3 tablespoons extra-virgin olive oil, divided
- 1 1/4 pounds skin-on salmon fillet, cut into 4 portions, patted dry
- 1/2 teaspoon salt, divided
- 1/2 teaspoon ground pepper, divided
- 4 tablespoons chopped fresh herbs, such as tarragon, chives and/or parsley
- 2 teaspoons lemon zest
- 1 tablespoon lemon juice

INSTRUCTIONS

1. Bring 2 quarts water to a boil in a large saucepan. Add 1 cup orzo and cook according to package directions, adding 2 cups broccoli for the last minute of cooking. Drain and rinse with cold water.
2. Meanwhile, heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle the 1 1/4 pounds of salmon with 1/4 teaspoon each salt and pepper. Add to the pan, skin-side up and cook until golden brown, 3 to 5 minutes. Flip and cook until the flesh is opaque, 3 to 5 minutes, depending on thickness.
3. Whisk 2 tablespoons oil, herbs, 2 teaspoons lemon zest, 1 tablespoon lemon juice and the remaining 1/4 teaspoon each salt and pepper in a medium bowl. Add the orzo and broccoli; stir until combined.
4. Serve the orzo mixture with the salmon and drizzle with the remaining 1 1/2 teaspoons oil.

Nutrition Profile: *Gut Healthy | Anti-Inflammatory | Mediterranean Diet | Nut-Free | Dairy-Free | Omega-3 | Soy-Free | High-Fiber | Heart-Healthy | High-Protein | Egg-Free | Low-Calorie*

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | Serving Size: 4 oz. salmon & 3/4 cup orzo | Calories: 425

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| • Total Carbohydrate - 32g | • Protein - 35g | • Vitamin A - 1308IU |
| • Dietary Fiber - 8g | • Total Fat - 17g | • Sodium - 371mg |
| • Total Sugars - 1g | • Saturated Fat - 3g | • Potassium - 675mg |
| • Added Sugars - 0g | • Cholesterol - 66mg | |

** Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: www.eatingwell.com*