

FEATURED RECIPE:

Summer Salmon



Ingredients

Juice from 1 orange
1 tablespoon extra-virgin olive oil
1 teaspoon honey
1 teaspoon mustard
Kosher salt (optional) and freshly ground black pepper
1 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 (leaves removed and chopped)
2 fresh basil leaves (thinly sliced)
1 teaspoon freshly grated Pecorino cheese

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.

Makes 2 servings: Per serving: 273 calories, total fat 14g, protein 22g, fiber 4g, sodium 157 mg

From the US Department of Agriculture, USDA Mixing Bowl; find more recipes at www.usda.gov/whatscooking