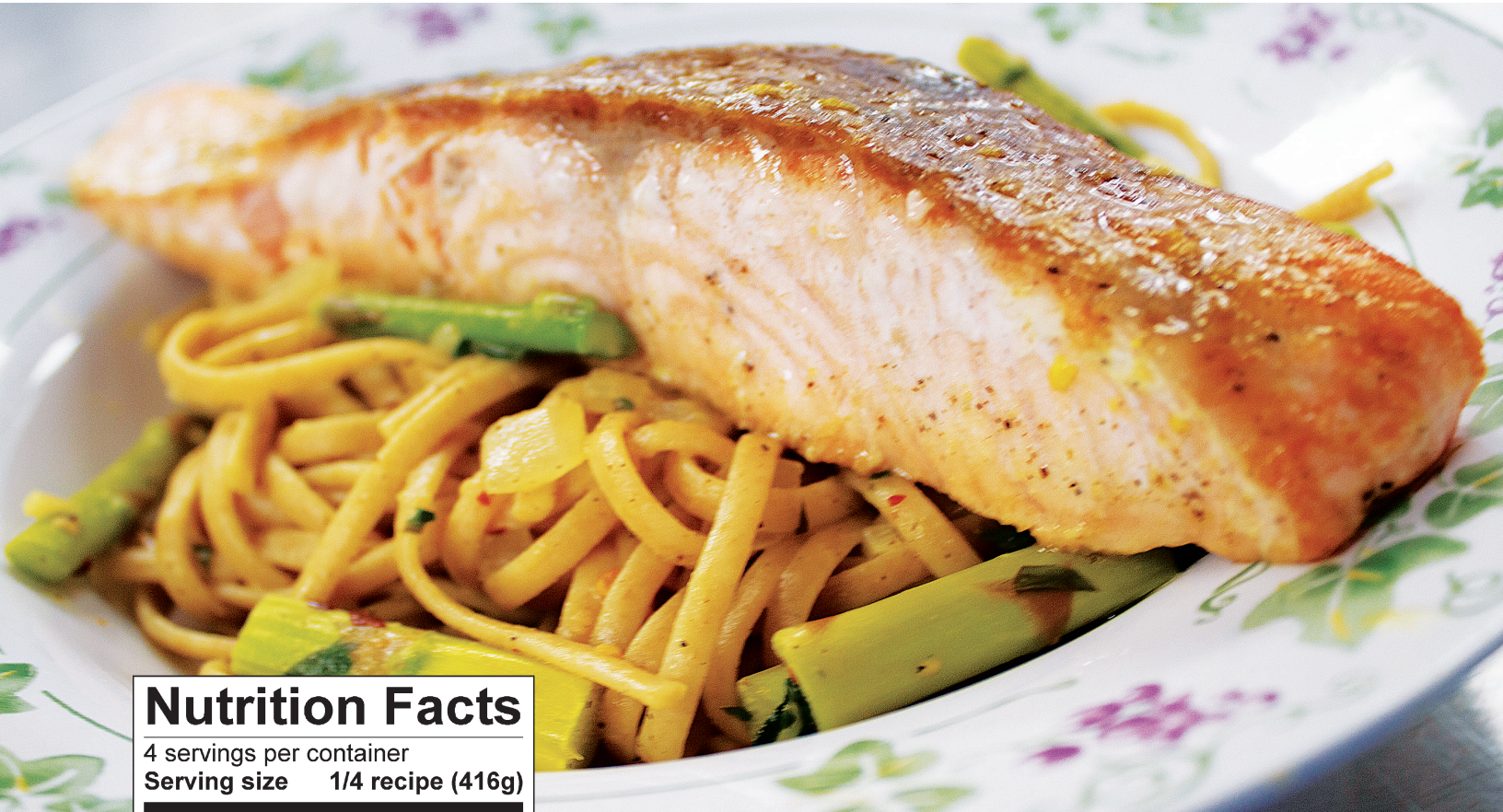


Summer Salmon

Prep time: 15 MINUTES

Cook time: 30 MINUTES

Servings: 4 



Nutrition Facts

4 servings per container
Serving size 1/4 recipe (416g)

Amount per serving
Calories 700

% Daily Value*

Total Fat 24g	31%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 730mg	32%
Total Carbohydrate 77g	28%
Dietary Fiber 10g	36%
Total Sugars 12g	
Includes 4g Added Sugars	8%
Protein 49g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 7mg	40%
Potassium 1513mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



Ingredients:

- ½ cup orange juice
- 3 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon mustard
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 4 (6-ounce) salmon fillets
- 12 ounces whole-wheat linguine
- 20 asparagus spears
- ½ cup chopped onion
- 2 cloves garlic
- ¼ cup parsley
- 4 basil leaves
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon red pepper flakes (optional)

Recipe adapted from USDA Mixing Bowl



An Equal Opportunity Institution



slice & spice
dinner time is family time





Instructions:



1. Make orange sauce

Whisk together the orange juice, honey, mustard, ½ teaspoon salt, and 1 teaspoon ground black pepper in a small bowl and set aside.



2. Prep

Rinse produce thoroughly under running water. Trim the woody ends of asparagus spears and discard. Cut asparagus spears into 1 to 2 inch long pieces. Finely chop parsley and basil. Mince garlic cloves.



3. Season and cook salmon

Season both sides of salmon with remaining salt and ground black pepper. Heat 2 tablespoons olive oil in a large skillet over medium-high heat and cook salmon on one side for 3 to 5 minutes. Flip the salmon, add half the orange sauce, and continue to cook until the salmon has an internal temperature of at least 145° F. Frequently baste each fillet by spooning the sauce in the pan over each to keep it moist. Once cooked, transfer to a plate.



4. Cook pasta and asparagus

In a large pot, bring water to a boil. Submerge pasta and cook uncovered for approximately 6 to 8 minutes. Add the asparagus and continue cooking for 2 more minutes. Set aside about 1/4 cup of the pasta water, then drain pasta and asparagus using a colander and return to pot.



5. Flavor pasta side

Heat the remaining olive oil over medium heat in a large skillet. Saute the onion, garlic, parsley, and basil in the olive oil until fragrant. Stir in the remaining orange sauce and pasta water then add the pasta and asparagus. Sprinkle with cheese and red pepper flakes and toss to combine.

6. Final touches

Plate a bed of the pasta side and top with the salmon fillet.

Did you know ?

- » Salmon contains heart-healthy omega-3 fatty acids.
- » Pasta water modifies the consistency of the sauce and is a great way to add flavor.

Try these tips!

- » Easily trim asparagus by bending the woody end until it breaks.
- » Pat the salmon dry before adding any seasoning.