

Ingredients

Preparation time: 30 minutes

Servings: 6

For the Pasta:

- 1 cup whole wheat orzo pasta
- 6 cups water
- 1 lb. asparagus, rinsed, cut into 2 inch pieces
- 1 lb. salmon fillet
- ¼ cup thinly sliced red onion
- ¼ tsp. salt
- ¼ tsp. ground black pepper

For the Lemon Vinaigrette:

- 1/3 cup crumbled feta cheese
- 3 Tbsp. lemon juice
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. chopped dill
- ¼ tsp. salt
- ¼ tsp. ground black pepper

Directions

1. Preheat oven broiler.
2. Bring a pot of water to a boil, then add orzo and stir periodically. After 7 minutes, add the asparagus to the pot with the orzo and cook for 2 more minutes. Drain and set aside in a large serving bowl.
3. While orzo is cooking, season salmon fillet with salt and pepper. Place on foil-lined broiler pan. Broil for 8 minutes, or until the fish is cooked through.
4. Break broiled fish into smaller pieces using 2 forks and add to serving bowl with asparagus and orzo.
5. Combine the lemon vinaigrette ingredients in a bowl and stir.
6. Add the red onion to the bowl of asparagus and orzo, pour the vinaigrette over the contents, and toss gently.

**Recipe adapted from MyRecipes.com*



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Summer Salmon Pasta

Amount	½ cup
Calories	278
Fat (g)	10
Sat. Fat (g)	2.5
Carb. (g)	25
Fiber (g)	6
Protein (g)	23

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Cooking Tip

Mix it up and add any other veggies that you like! If you are missing any of the dressing ingredients or are in a time crunch a pre-made citrus dressing will work too.

Performance Facts

This pasta is packed with muscle building protein and anti-inflammatory omega-3s. The onion and asparagus contain carbohydrates that act as prebiotics which promote gut health and help maintain a strong immune system.

