

# myrecipes

## Salmon, Asparagus, and Orzo Salad with Lemon-Dill Vinaigrette

*This savory salad epitomizes the concept of fresh food fast. It's quick and easy and loaded with flavorful ingredients such as crisp-tender asparagus, perfectly cooked pink salmon, red onion, and a refreshing lemon juice-based vinaigrette. It received our highest Test Kitchens rating.*

Prep. 3 minutes, Cook 18 minutes



Photo: Oxmoor House

Preparation Time: 9 minutes minutes

Cooking Time: 18 minutes minutes

Yield: 6 servings (serving size: about 1 1/4 cups)

6 cups water

1 pound asparagus, trimmed and cut into 3-inch pieces

1 cup uncooked orzo (rice-shaped pasta)

1 (1 1/4-pound) skinless salmon fillet → *I used for less*

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

Cooking spray

1/4 cup thinly sliced red onion

Lemon-Dill Vinaigrette

1. Preheat broiler. → *Oven to 425° & Roast Asparagus* →

2. Bring 6 cups water to a boil in a large saucepan. Add asparagus; cook 3 minutes or until crisp-tender. Remove asparagus from water with tongs or a slotted spoon, reserving water in pan. Plunge asparagus into ice water; drain and set aside.

3. ~~Return reserved~~ *Bring* water to a boil. Add orzo, and cook according to package directions, omitting salt and fat. → *Make Lemon Dill Vinaigrette (recipe attached)*

4. While orzo cooks, sprinkle fillet evenly with salt and pepper. Place fish on a foil-lined broiler pan coated with cooking spray. Broil 5 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Using 2 forks, break fish into large chunks. Combine fish, orzo, asparagus, onion, and Lemon-Dill Vinaigrette in a large bowl; toss gently to coat.

### See Roasted Asparagus Recipe

- Soak asparagus 10 min cold H<sub>2</sub>O
- Snap off bottoms
- Toss w/olive oil, salt + pepper
- "Line up" in 13x9x2 pan
- Roast @ 20 minutes.
- For this recipe, cut in 1/3s.

- *or - put on foil lined cookie sheet*
- brush w/olive oil, salt
  - bake @ 425 for 15-18 minutes.

CALORIES 310 (32% from fat); FAT 11g (sat 3.2g, mono 4.7g, poly 2g); IRON 1.4mg, CHOLESTEROL 56mg; CALCIUM 67mg; CARBOHYDRATE 24.6g; SODIUM 333mg; PROTEIN 26g; FIBER 2.2g

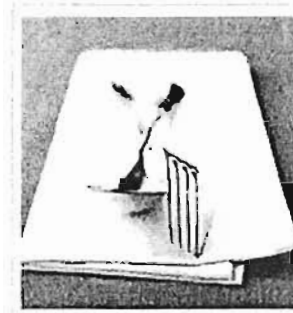
Oxmoor House, APRIL 2009

# myrecipes

## Lemon-Dill Vinaigrette

*Prep: 6 minutes*

*This recipe goes with Salmon, Asparagus, and Orzo Salad with Lemon-Dill Vinaigrette*



Preparation Time: 6 minutes minutes

Yield: 1/3 cup (serving size: about 1 tablespoon)

- 1/3 cup (1.3 ounces) crumbled feta cheese
- 1 tablespoon chopped fresh dill
- 3 tablespoons fresh lemon juice
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

1. Combine all ingredients in a small bowl, stirring well with a whisk.

CALORIES 43 (80% from fat); FAT 4g (sat 1.7g,mono 1.8g,poly 0.2g); IRON 0.1mg;  
CHOLESTEROL 8mg, CALCIUM 48mg; CARBOHYDRATE 1 2g, SODIUM 214mg, PROTEIN 1.4g;  
FIBER 0.1g

*Oxmoor House, APRIL 2009*