

## Centered Nutrition

### Roast Salmon with Lemon Orzo Salad

Orzo is a delicious rice-shaped pasta that matches perfectly with salmon. Orzo provides a bounty of complex carbohydrates necessary to fuel the body's working muscles during exercise, while the salmon's Omega-3 fatty acid content acts as a natural anti-inflammatory and helps the heart to beat more efficiently.

This orzo recipe serves 4 people. If you like, you can also serve a green salad with some tomatoes and grated carrots.

#### Ingredients:



450gr boneless salmon filet with skin  
Salt & pepper

1 cup orzo pasta. Follow package directions for cooking instructions.

2 cups fresh cleaned spinach, stems removed and leaves sliced into thin strips

1/4 cup dried cranberries

1/4 cup fresh lemon juice

1/4 cup olive oil

2 tbsp feta cheese, crumbled

1 garlic clove, finely chopped

2 tbsp toasted pine nuts (optional)

Salt & freshly ground pepper



#### Prep time:

30 minutes

To make orzo salad, place the cooked orzo and all of the ingredients (except fish and pine nuts) into a large glass or ceramic bowl. Toss gently to combine well, season with salt and pepper to taste. The salad should have a pleasant lemon flavor so add more lemon if necessary. Set aside.

To cook salmon, place salmon skin-side down on a cookie sheet lined with aluminum foil. Sprinkle with salt and pepper and roast uncovered in 400F oven 12-15 minutes or until fish flakes easily with a fork. Remove from the oven and remove the skin.

To serve, place some of the orzo salad on a plate and top with a piece of salmon. Sprinkle with fresh parsley and pine nuts if desired.



#### **Justine Freund**

An avid runner, triathlete, and ex-chef, Justine constantly experiments and creates dishes that not only look and taste great, but also complement an active lifestyle. She also strongly advocates the use of local produce and believes that the way in which food is prepared contributes directly to our overall health and well-being.

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