



WHOLE HEALTH NUTRITION, LLC

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“Cook Once, Eat Twice – Mediterranean Style” Mediterranean Salmon with Orzo AND Mediterranean Orzo Salad



PARKER FEIERBACH



EQUIPMENT (for both dishes)

- Large baking dish
- Large Pot
- Cutting board & Chef's knife
- Citrus juicer
- Large and small mixing bowls
- Colander

DISH 1: Mediterranean Salmon with Orzo -- serves 4

INGREDIENTS

FOR TOPPING

- ¼ c. extra virgin olive oil
- Juice of 2 lemons
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1 c. feta crumbles (or cubed feta)
- 2 Tbsp fresh dill (or 2 tsp dried dill)
- ¼ c. Kalamata olives, sliced
- ¼ c. Persian cucumber, chopped
- 1 c. cherry tomatoes, halved
- Salt & pepper to taste

FOR SALMON

- 4 salmon fillets (12-16oz total)
- 1 small red onion, sliced thinly
- 1 lemon, thinly sliced
- Salt & pepper to taste

OTHER

- 1 c. orzo pasta (dry)
- 2 T. olive oil for orzo
- 2-4 c. arugula for serving



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DISH 2: Mediterranean Orzo Salad

INGREDIENTS

- 1 c. orzo pasta (dry)
- 2 Persian cucumbers (or 1/3 English cucumber – about ½ cup chopped)
- ½ red bell pepper, chopped
- ½ small red onion, chopped
- 1 c. cherry tomatoes, halved or quartered
- ¼ c. kalamata olives, sliced/chopped
- 2 T fresh dill (or 2 tsp dried dill)
- 2 T fresh parsley
- ¼ cup crumbled feta
- ¼ c. olive oil
- ¼ c. lemon juice

INSTRUCTIONS:

1. Preheat oven to 375°F. **MARINATE FETA:** In large mixing bowl, whisk together olive oil, lemon juice, garlic, and oregano. Season with salt and pepper. Add feta, tossing to coat. Cover and refrigerate.
2. **COOK ORZO:** Bring large pot of water to a boil. Season with salt and cook orzo according to package (all 2 cups of orzo here - for both recipes). Drain in colander or sieve and rinse with cold water. Set aside and drain fully. Place half the orzo into fridge to chill before making orzo salad.
3. **ROAST SALMON:** While orzo is cooking, slice red onion and lemon. Scatter lemon and red onion slices at the bottom of large baking dish. Pat salmon fillets with paper towel. Add salmon fillets, skin side down, to baking dish. Drizzle with some olive oil. Season with salt and pepper. Cover and bake until opaque and flaky, about 18-20 minutes.
4. **CHOP VEGGIES:** While salmon is cooking, and once orzo is done, chop tomatoes, olives, cucumbers, and dill (for salmon topping). Add to bowl with feta. Fold gently.
5. **MAKE CHILLED ORZO SALAD:** While salmon is still cooking, chop cucumbers, red bell pepper, red onion, tomatoes, olives, dill, and parsley (for chilled orzo salad). Add these to chilled orzo. Add olive oil, lemon juice, salt, and pepper. Mix well, taste, cover, and place in fridge for tomorrow's lunch.
6. **SERVE YOUR SALMON:** To serve, plate arugula and plain orzo, top with fillet of salmon and lemon slice. Then top with Mediterranean topping. Enjoy!

Inspired by *Delish* and *Primal Gourmet*