



HEALTH SCORE

100%

Grilled Salmon with Orzo, Feta, and Red Wine Vinaigrette



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces baby spinach fresh packed (3 cups not)
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 tablespoons chives fresh chopped for garnish
- ☐ 2 garlic clove finely chopped
- ☐ 1.5 cups grape tomatoes cut in half
- ☐ 4 servings pepper black freshly ground

- ☐ 4 servings olive oil for coating the fish
- ☐ 1.5 cups orzo pasta
- ☐ 0.5 cup pinenuts toasted (see Kitchen Note)
- ☐ 3 tablespoons red wine vinegar
- ☐ 20 ounce salmon fillet skinless
- ☐ 3 tablespoons shallots finely chopped

Equipment

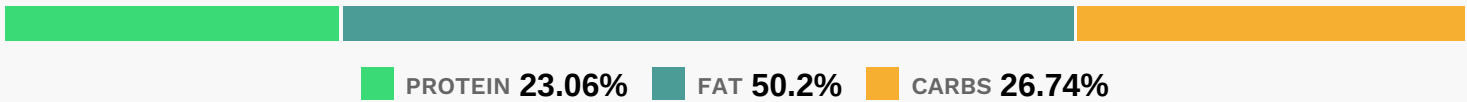
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ grill
- ☐ spatula

Directions

- ☐ Prepare an outdoor grill for medium-high cooking over direct heat.
- ☐ Meanwhile, make the orzo salad: Bring a large saucepan of salted water to a boil over high heat.
- ☐ Add the orzo and cook, stirring often, for about 8 minutes, or until just tender.
- ☐ Drain the orzo in a sieve and set aside.
- ☐ In a medium bowl, whisk the vinegar, shallots, and garlic together. Gradually whisk in the olive oil. Season to taste with salt and pepper.
- ☐ In a large bowl, toss the warm orzo, spinach, tomatoes, pine nuts, and basil with the vinaigrette. Season to taste with salt and pepper. Set aside at room temperature.
- ☐ To cook the salmon: Coat the salmon with olive oil and season with salt and pepper. Oil the cooking grate.

- ☐ Place the salmon on the grill with the top right corner of each fillet facing the 2-o'clock position and cook for 4 minutes, without moving the salmon. (This will help give the salmon a good sear of nice grill marks and help it release from the grate.) Using a thin metal spatula, starting at the corner of each fillet nearest you, flip the fillets over. Grill for about 2 minutes, or until the fish is opaque with a slightly rosy center when flaked in the thickest part with the tip of a small knife.
- ☐ Remove from the grill.
- ☐ Mound the salad in the center of a large serving platter or four dinner plates.
- ☐ Sprinkle with the feta cheese. Top with the salmon, sprinkle with the chives, and serve.
- ☐ Toasting Pine Nuts
- ☐ To toast pine nuts, heat a dry medium skillet over medium heat.
- ☐ Add the nuts and cook, stirring often, for 2 to 3 minutes, or until lightly browned.
- ☐ Transfer to a plate and let cool.
- ☐ Reprinted with permission from What's for Dinner? by Curtis Stone, © 2013 Ballantine Books
- ☐ Curtis Stone is the author of five cookbooks and host of Top Chef Masters on Bravo. He is also the creator of Kitchen Solutions, a sleek line of cookware sold in retailers worldwide, and writes a monthly column for Men's Fitness. Born in Melbourne, Australia, Stone honed his skills in London at Café Royal, under legendary three-star Michelin chef Marco Pierre White, and at Mirabelle and the revered Quo Vadis. He lives in Los Angeles with his wife and son.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:18.3, Inflammation Score:-9, Nutrition Score:43.790869453679%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 746.56kcal (37.33%), Fat: 41.68g (64.12%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 46.19g (16.8%), Sugar: 4.27g (4.75%), Cholesterol: 103.19mg (34.4%), Sodium: 405.72mg (17.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.09g (86.17%), Selenium: 92.13µg (131.61%), Manganese: 2.31mg (115.52%), Vitamin K: 100.64µg (95.85%), Vitamin B12: 4.99µg (83.11%), Vitamin B6: 1.5mg (74.85%), Vitamin B3: 13.6mg (68.02%), Phosphorus: 612.3mg (61.23%), Vitamin B2: 0.89mg (52.56%), Vitamin A: 2121.24IU (42.42%), Copper: 0.82mg (41.09%), Magnesium: 140.17mg (35.04%), Vitamin B1: 0.52mg (34.47%), Potassium: 1195.63mg (34.16%), Vitamin B5: 3.03mg (30.27%), Vitamin E: 4.31mg (28.75%), Zinc: 3.85mg (25.65%), Folate: 101.46µg (25.36%), Iron: 3.84mg (21.35%), Calcium: 201.69mg (20.17%), Vitamin C: 14.04mg (17.02%), Fiber: 3.77g (15.06%)