



Quinoa-Crusted Salmon over Kale Pesto Linguine

Prep: 20 minutes

Bake/Cook: 15 minutes • Serves: 4

Pesto

- 1 garlic clove, coarsely chopped
- 2 cups packed torn kale leaves
- 1 cup packed fresh basil leaves
- ½ cup coarsely chopped hazelnuts
- ½ cup extra virgin olive oil
- ¼ cup grated Parmesan cheese plus additional for serving (optional)

Quinoa Crusted Salmon

- Nonstick cooking spray
- 4 skinless salmon fillets (5 to 6 ounces each)
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup all-purpose flour or rice flour
- ¾ cup dry uncooked quinoa
- 3 large egg whites
- 1 teaspoon water

Pasta

- ½ (16-ounce) box linguine
- 2 teaspoons extra virgin olive oil
- 1 medium eggplant (about 10 ounces), cut into ½-inch pieces
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup drained oil-packed julienne-cut sundried tomatoes

1. Prepare Pesto: In food processor, pulse garlic, kale, basil and hazelnuts until finely chopped. With processor running, slowly add oil; process until combined. Add cheese; pulse until combined. Makes about 1½ cups.

2. Prepare Salmon: Preheat oven to 350°. Spray rimmed baking pan with nonstick cooking spray. Heat large covered saucepot of salted water to boiling over high heat. Sprinkle salmon with salt and pepper.

3. Place flour in wide, shallow dish; place quinoa in second wide, shallow dish. In third wide, shallow dish, whisk egg whites and water. Dip salmon in flour to coat all sides, shaking off excess, then into egg white mixture and quinoa to coat all sides. Place salmon on prepared pan; sprayed with cooking spray. Bake salmon 7 to 8 minutes or until internal temperature reaches at least 145° and coating is golden brown.

4. Meanwhile, prepare Pasta: Cook pasta in boiling water as label directs; reserve ¼ cup cooking water, drain and return to pot.

5. Meanwhile, in large skillet, heat oil over medium-high heat; add eggplant, salt and pepper. Cook 1 minute, undisturbed; cook 5 minutes longer or until golden brown, stirring occasionally.

6. Add tomatoes, ½ cup pesto and eggplant to pasta; toss to combine, adjusting consistency with reserved cooking water, if necessary. Serve pasta topped with salmon; sprinkle with cheese and serve with additional pesto, if desired..

Approximate nutritional values per serving:

875 Calories, 33g Fat (7g Saturated), 74mg Cholesterol, 773mg Sodium, 88g Carbohydrates, 11g Fiber, 47g Protein

Helpful tips:

- > Use remaining pesto to serve over eggs, use as a sandwich spread or a dip for crackers.
- > Farm-raised Norwegian Atlantic salmon has a rich, mild flavor with a buttery texture that will melt in your mouth. The fat content in this salmon is very high (along with omega 3's), meaning it will remain moist even when cooked well done. Perfect grilled, baked or poached.