

Salmon and Tangy Mediterranean Grain Salad for Two



Ingredients:

- 1 filet of salmon
- 1/2 cup of farro (Find it in the rice aisle next to other grains like couscous and quinoa)
- 1 medium tomato
- 1/2 cup of slices Kalamata olives
- 1 cup of fresh spinach
- 1/2 cup of onion (white or yellow)
- Make a homemade dressing of equal-ish parts olive oil and white wine vinegar - add a little salt and pepper to taste.

Directions:

Put a little olive oil on your salmon and season it with salt and pepper (or skip the oil and just spray your pan or grill grates with cooking spray). Grill it - skin side down first, then flip it over once. I just grill it until it is slightly pink inside. (~5 mins per side.) Seriously, people. You don't want to overcook your salmon or it will be dry. Don't be afraid to leave it slightly pink. It won't hurt you, promise.

Boil your farro in water just like you would cook rice or pasta. Cook it until it is soft and like al dente pasta (slightly crunchy in the middle).

While your farro is boiling (it'll take longer than rice), remove the veins and seeds from the tomato. Dice it (pretty large dices.) Dice the onion and then sautee it in a smidgen of olive oil, just sweat it out, so it's not bitter in your salad. Cook till slightly tender and translucent.

When the farro is done, mix together the spinach (it will wilt slightly with the heat of the farro), tomato, onions, olives and the olive/vinegar dressing. You could also throw a little feta cheese, but I think it's delicious without it.

You can put other veggies in this salad as well - just whatever you have on hand - asparagus tips, cauliflower florets, broccoli, different colored peppers. Anything, really. But I like to go for a colorful salad - I feel like various deep rich colors amps up the health factor. Plus, looks prettier.

I logged this meal in caloriecount.com and it gets a solid A. Super high in protein, fiber and potassium, very low in carbs.

Logged Foods for Feb 19, 2015 ?

Mouse over any table cell for more info

Dinner	Cal (kcal)	Carb (g)	Pro (g)	Fat (g)	SFat (g)	Chol (mg)	Sod (mg)	Fib (g)	Sug (g)	VitA (IU)	VitC (mg)	Calc (mg)	Iron (mg)	Ptsm (mg)
Salmon, Atlantic, Wild - 113.3 grams	206	0	29	9.2	1.4	81	64	0	0	50	0	17	1.2	712
Farro - Organic, Italian P .25 cup	170	35	7	1	0	0	0	5	0	0	0	20	2.1	*
Tomatoes, Red, Ripe - R. 3.03 slice, thin/small	8.2	1.8	0.4	0.1	0	0	2.2	0.6	1.2	379	6.2	4.6	0.1	108
Spinach - Raw 15 grams	3.5	0.5	0.4	0.1	0	0	11.9	0.3	0.1	1,407	4.2	14.9	0.4	84
Krinos Pitted Kalamata C 5 olives	45	2	*	4	0.5	*	260	*	*	*	*	*	*	*
Olive Oil 1 tbsp	120	0	0	14	2	0	*	0	0	0	0	0	0	0
White Wine Vinegar, Org 1 tbsp	0	*	*	*	*	*	5	*	*	*	*	*	*	*
Onions - Cooked, Boiled, 1 tbsp chopped	6.6	1.5	0.2	0	0	0	0.5	0.2	0.7	0.3	0.8	3.3	0	25
Meal Totals	560 31%	41 18%	37 41%	28 47%	3.9 20%	81 27%	343 23%	6.1 24%	2 4%	1,836 37%	11.2 15%	60 6%	3.8 21%	928 20%

Recipe courtesy of Tammy Bahr, my niece, who is an awesome cook!