

Smoked Salmon Orzo with Asparagus

A really quick and easy recipe to whip up after a long day, this recipe will take less than 30 minutes to prepare! You can easily swap out the orzo for another type of pasta, brown rice, or quinoa. This dish is a great source of protein, iron, calcium, and vitamins A and C. Whole wheat orzo and asparagus contribute some extra fibre too!

Prep: 15 minutes • Total: 30 minutes

Ingredients:		
Whole wheat orzo	1½ cups	375 mL
Water	3 cups	750 mL
Extra virgin olive oil	2 Tbsp	30 mL
Red onion, chopped	1 each	1 each
Asparagus, trimmed & cut into	Bunch	Bunch
1" pieces		
Smoked salmon, chopped	8 slices	8 slices
Parsley, fresh & chopped	2 Tbsp	30 mL
Parmesan cheese, grated	½ cup	125 mL

Directions:

- Bring the water to a boil. Add orzo and return to a boil.
 Reduce heat to a simmer until orzo is al dente, approx. 8 minutes.
- 2. Drain orzo and return to saucepan. Add 1 Tbsp of olive oil and stir.
- 3. Meanwhile in a sauté pan, heat remaining 1 Tbsp of olive oil
- 4. Add chopped onion and sauté until softened, approx. 2 minutes.
- 5. Add asparagus and cook for about 5 minutes, stirring occasionally.
- 6. Remove from heat. Stir in cooked orzo, smoked salmon, and parsley. Sprinkle with Parmesan cheese and serve.

Nutri Serving Size Servings Pe	(415g)		cts
Amount Per Ser	rving		
Calories 48	0 Calor	ies from	Fat 120
		% Da	aily Value
Total Fat 13	g		20%
Saturated	Fat 3.5g		18%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium 510	lmg		21%
Total Carbo	hydrate (66g	22%
Dietary Fi	ber 4g		16%
Sugars 60	1		
Protein 24g			
Vitamin A 15	5% • \	√itamin (C 15%
Calcium 15%	6 • I	ron 25%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Adapted from: Fitness magazine

Makes 4 servings (415 g / serving) • 1 serving = 1/4 recipe

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