

Roasted Salmon with Lentils and Creamy Pesto

Canada's Food Guide recommends eating at least 2 fish servings (2 ½ ounces or 75 grams) each week. Choose fattier fish rich in omega 3s and lower in mercury, such as salmon, trout, char and sardines.



Ingredients:

Lentils:

2 ½ cups	No sodium or low-sodium chicken or vegetable stock, or water	625 mL
1 cup	Small green or du Puy lentils, picked over*	250 mL
1 small	Onion, peeled and finely chopped	1 small
1 medium	Celery stalk (with leaves), finely chopped	1 medium
2 cloves	Fresh garlic, minced	2 cloves
1 Tbsp	Canola oil	15 mL
1 Tbsp	Red wine vinegar	15 mL
1 tsp	Grainy mustard	5 mL
	Pepper	

Salmon:

1 lb	Salmon or trout fillet	454 g
1 tsp	Canola oil	5 mL
	Pepper	

Pesto:

2 Tbsp	Bottled basil pesto	30 mL
¼ cup	Plain 1% M.F. yogurt	60 mL

Directions:

1. In a medium saucepan, bring the stock or water to a simmer.
2. Add the lentils, onion, celery and garlic and cook, stirring occasionally, for 40 minutes, or until the lentils are just tender.
3. Remove from heat, drain any excess liquid and toss with 1 Tbsp (15 mL) oil, vinegar and mustard. Season sparingly with pepper.
4. Meanwhile, preheat the oven to 425°F (220°C).

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5. Place the salmon, skin side down (if it has skin) on a foil- or parchment-lined rimmed baking sheet.
6. Drizzle salmon with 1 tsp (5 mL) oil. Spread with your fingers, the back of a spoon, or a pastry brush to coat completely.
7. Sprinkle with pepper and roast for 10 minutes per inch (25 mm) of thickness (it should take 8–10 minutes), until the edge of the fish flakes with a fork, but the filet is still slightly soft in the middle.
8. In a small bowl, whisk the pesto and yogurt until well combined.
9. Serve the salmon on a bed of lentils, drizzled with the pesto sauce.

*Rinse lentils before cooking and pick out any small rocks that may not have been washed away.

Makes 6 servings (375 mL/ 1 ½ cups/ 283 g)

Source: developed by Julie van Rosendaal for Apple, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

Nutrition Facts	
Per 1/6 of recipe (375 mL/ 1 ½ cup/ 283 g)	
Amount	% Daily Value
Calories 320	
Fat 13 g	20 %
Saturated 2.5 g + Trans 0 g	13 %
Cholesterol 60 mg	
Sodium 250 mg	10 %
Carbohydrate 20 g	7 %
Fibre 3 g	12 %
Sugars 4 g	
Protein 29 g	
Vitamin A	4 %
Vitamin C	4 %
Calcium	8 %
Iron	25 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Very high in potassium	904 mg
Source of calcium	89 mg
High in magnesium	62 mg
Very high in folate	150 mcg
Very high in iron	3.5 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1 ¾

This is a Choose Most Often recipe (Meat and Alternatives) according to the Alberta Nutrition Guidelines.