

One-Pan Salmon with Whole Wheat Pasta and Vegetables

Serves 2

Cook your pasta part-way done, meanwhile sautéing a big pan of vegetables. Throw together and poach salmon on top. Garnish and enjoy!

- Kosher salt and fresh ground pepper
- A sprig or two of fresh herbs such as thyme, rosemary or basil (to flavor pasta water)
- ½ pound whole wheat linguine (I like Whole Foods 365 brand best.)
- Olive oil
- Crushed red pepper
- 4 cups of assorted (your choice) chopped vegetables such as onions, celery, red peppers, thinly sliced carrots, zucchini, summer squash, fennel, asparagus, green beans, etc
- 6 teaspoons your choice fresh herbs or 1 teaspoon dried (ex: parsley, basil, thyme, rosemary)—divided (you'll use some for veg, some on salmon, and some for garnish)
- 2 cloves garlic, chopped
- ¼ cup white wine
- ½ cup pasta water or chicken broth
- 2 salmon fillets (4 ounce each), salted and peppered

- ½ cup chopped fresh tomatoes, garnish
- Fresh parsley, chopped, garnish
- Juice of half lemon

1. **COOK PASTA:** Bring a large pot of water to boil and add 1/2 teaspoon each salt, pepper, and sprig of fresh herbs. Cover it so it comes to a boil more easily. When it does, drop in the linguine and cook for **ONLY** about four minutes. *(Add a couple of minutes if you're at altitude.)* Do not cook until done as it will cook more in a sauté pan later.

2. **SAUTE VEGETABLES:** Meanwhile, take a large, deep sauté pan or skillet, and pour in 1-2 tablespoons olive oil along with a pinch of crushed red pepper. Add and sauté about four cups of chopped vegetables over medium heat along with 2 teaspoons chopped fresh herbs and a good sprinkle of salt and pepper. Let cook about five minutes, stirring regularly. Add garlic during last minute or two.

3. **ADD PASTA TO VEGETABLES:** When pasta has cooked about four minutes, remove it from the water using tongs (or drain in a colander) and add it to the vegetables in the sauté pan. (If you have fresh pasta, add it now.) Pour in white wine and or 1/2 cup pasta water.

3. **COOK SALMON ON VEGETABLES AND PASTA:** Place two salted and peppered

salmon filets (4-6 ounces each) on pasta with vegetables and drizzle with olive oil (if desired). Sprinkle with reserved herbs and cover with lid. Reduce heat to medium-low. Cook 8-10 minutes OR until salmon is nearly done—deep pink and very moist at center, firm and pale on the outside. Remove salmon to a plate and let rest two minutes. To serve, use tongs to add pasta and vegetables to a plate or pasta bowl and top with salmon.

4. GARNISH AND SERVE: Garnish with chopped fresh tomatoes and a teaspoon of chopped parsley other fresh herb. Drizzle each serving with fresh lemon juice. Eat while hot or at room temperature. Store remaining pasta and vegetables for tomorrow's lunch or dinner side.

Cook's Note: I didn't try this, but see no reason why you couldn't do a bit of an Asian twist on this dish. Add chopped fresh ginger with the garlic and vegetables. Stir in a tablespoon of soy sauce with the broth or pasta water (with more at table). Perhaps even a little fish sauce. Top with chopped cilantro and chopped peanuts.

Copyright Alyce Morgan, 2014 moretimeatthetable.com