

Wild Salmon with Quinoa & Peas

Serves 4

Chronicle staff writer and Working Cook columnist Tara Duggan developed this omega-3 powerhouse recipe awhile back. Wild salmon is still available in many markets.

1 tablespoon butter
1 spring onion, sliced, or 3 green onions
1½ cups quinoa, rinsed and drained
2½ cups water
½ teaspoon kosher salt + salt to taste
8 ounces English peas, or about ½ cup frozen peas
4 six-ounce wild salmon fillets, about 1-inch thick, pinbones removed
Pepper to taste
Lemon wedges

Instructions: Preheat the oven to broil. Line a baking sheet with foil for the salmon. Melt the butter in a skillet, then sauté the onions until tender, about 3 minutes. Add the quinoa, water and ½ teaspoon salt. Bring to a simmer, cover, then

cook until the water is absorbed, about 10-15 minutes. Remove from the heat and let rest a few minutes.

While the quinoa cooks, shell the peas if using English peas. Add the fresh or frozen peas to the pot for the quinoa's last 5 or so minutes of cooking. Place the salmon fillets on the baking sheet. Season evenly with salt and pepper, then place directly under the broiler and cook for 5-6 minutes (5 minutes for slightly pink in the middle). Remove from the heat, tent with foil and let rest 5 minutes. Serve the fish over the quinoa with the lemon wedges.

Per serving: 525 calories, 42 g protein, 45 g carbohydrate, 19 g fat (5 g saturated), 110 mg cholesterol, 388 mg sodium, 6 g fiber.