

# 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**

**1¼ 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.