



Mediterranean Salmon Salad

Shorter pastas like orzo generally cook faster than the longer varieties. In a pinch, use canned drained wild sockeye salmon—and flake with two forks—in place of the sautéed fillets.



Photo by: Photo: Beau Gustafson; Styling: Leigh Ann Ross

YIELD: 4 servings (serving size: 1 cup)

COURSE: Salads

Ingredients

- 1/2 cup uncooked orzo
- 2 (6-ounce) salmon fillets (about 1 inch thick)
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/8 teaspoon black pepper
- Cooking spray
- 2 cups torn spinach
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped green onions
- 4 kalamata olives, pitted and chopped
- 3 tablespoons fresh lemon juice
- 2 tablespoons crumbled feta cheese

Preparation

1. Preheat broiler.
2. Cook pasta according to package directions, omitting salt and fat.
3. Sprinkle salmon evenly with salt, oregano, and black pepper. Place on a broiler pan coated with cooking spray. Broil 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Let stand 5 minutes; break into bite-sized pieces with 2 forks.
4. Combine pasta, salmon, spinach, and remaining ingredients in a medium bowl; toss well.

Nutritional Information

Amount per serving
Calories: 231
Calories from fat: 30%
Fat: 7.7g
Saturated fat: 1.6g
Monounsaturated fat: 2.7g
Polyunsaturated fat: 2.3g
Protein: 20.3g
Carbohydrate: 19.3g
Fiber: 1.8g
Cholesterol: 49mg
Iron: 1.3mg
Sodium: 310mg
Calcium: 56mg

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