



Photo by: Douglas Merriam

Salmon Skewers with Lemon-Parsley Pesto

Prepare this dish just before grilling so the pesto maintains its color.

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Yield: 8 servings

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Ingredients

1/2 cup (2 ounces) freshly grated Parmigiano-Reggiano cheese

1/2 cup fresh flat-leaf parsley leaves

1/4 cup fresh basil leaves

1/4 cup capers, drained

2 teaspoons grated lemon rind

2 teaspoons fresh lemon juice

1 garlic clove, minced

2 1/2 tablespoons extravirgin olive oil, divided

2 pounds skinless, boneless salmon fillets, cut into 1-inch chunks

1/2 teaspoon salt, divided

1/4 teaspoon freshly ground black pepper

Cooking spray

4 cups hot cooked orzo

Parsley sprigs (optional)

Lemon wedges (optional)

Preparation

Prepare grill.

Combine first 7 ingredients in a food processor. Add 1 1/2 tablespoons oil to herb mixture; process until smooth, scraping sides. Set aside.

Thread fish evenly on each of 16 skewers. Brush fish with remaining 1 tablespoon oil; sprinkle evenly with 1/4 teaspoon salt and pepper. Arrange skewers on grill rack coated with cooking spray; grill 1 minute on each side or until desired degree of doneness. Remove from grill, and keep warm.

Combine orzo and remaining 1/4 teaspoon salt; toss well. Place 1/2 cup orzo on each of 8 plates; arrange 2 skewers on each plate. Top each serving with about 1 tablespoon herb mixture. Garnish with parsley sprigs and lemon wedges, if desired.

Nutritional Information

Amount per serving

Calories: 407 Calories from fat: 28% Fat: 12.7g Saturated fat: 2.6g Monounsaturated fat: 5.5g

Polyunsaturated fat: 3g Protein: 29.2g Carbohydrate: 43.3g Fiber: 2.1g Cholesterol: 58mg Iron: 3mg

Sodium: 398mg Calcium: 87mg

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