

Salmon, Asparagus & Farrow Bowl

Recipe via Eating Well Magazine, March/April 2014



This salmon is poached in a miso-infused broth with bites of tender asparagus and sautéed leeks.

INGREDIENTS

3 cups water
¾ cup farro
1 tablespoon extra-virgin olive oil
2 cups halved and thinly sliced leeks, white & light green parts only
1 bunch asparagus, trimmed and cut into 1-inch pieces
2 cloves garlic, minced
2 cups low-sodium chicken broth or “no-chicken” broth
3 tablespoons white miso (see Tip)
1¼ pounds wild Alaskan salmon fillet, skinned and cut into 1-inch pieces
3 tablespoons very thinly sliced fresh basil
¼ teaspoon pepper



DIRECTIONS

1. Combine water and farro in a medium saucepan and bring to a boil over high heat. Reduce heat to medium-low, cover and cook until tender and chewy, about 30 minutes. Drain.
 2. About 15 minutes after you start the farro, heat oil in a large saucepan over medium heat. Add leeks and cook, stirring often, until beginning to soften, about 2 minutes. Add asparagus and garlic; cook, stirring, until the asparagus is bright green, about 2 minutes. Add broth and miso; increase heat to high and bring to a boil. Reduce heat to medium and gently stir in salmon. Simmer for 3 minutes. Remove from heat and stir in basil and pepper.
 3. Divide the farro among 4 deep bowls and top with the salmon stew.
- Look for mild-flavored white (sweet) miso, made with soy and rice, near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.

Ready In
40 m

NUTRITION

Serving size: 1½ cups stew & ½ cup farro

Per serving: 407 calories; 11 g fat(2 g sat); 5 g fiber; 40 g carbohydrates; 37 g protein; 129 mcg folate; 66 mg cholesterol; 4 g sugars; 0 g added sugars; 1,613 IU vitamin A; 12 mg vitamin C; 125 mg calcium; 3 mg iron; 432 mg sodium; 847 mg potassium

Nutrition Bonus: Folate (32% daily value), Vitamin A (32% dv), Vitamin C (20% dv)

Carbohydrate Servings: 2½

Exchanges: 2 starch, 1½ vegetable, 4 lean meat, ½ fat