



## Featured Recipe

Olson Women's Health Resource Center  
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### Salmon with Lemon-Herb Orzo and Broccoli

*There are several health benefits from eating salmon. DHA, an Omega-3 fatty acid found in salmon, can help with cognitive function and memory. Other benefits include reduced inflammation, lower blood pressure and cholesterol. Salmon is an excellent source of protein, zinc, choline and selenium. Treat your body good and enjoy!*

*Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center*

#### INGREDIENTS

- 1 cup orzo, preferably whole-wheat
- 3 tablespoons extra-virgin olive oil, divided
- 1 ¼ pounds skin-on salmon fillet, cut into 4 portions, patted dry
- 2 teaspoons lemon zest
- 4 tablespoons chopped fresh herbs, such as tarragon, chives and/or parsley
- 2 cups chopped broccoli (about ½ head)
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 tablespoon lemon juice

#### INSTRUCTIONS

1. Bring 2 quarts water to a boil in a large saucepan. Add 1 cup orzo and cook according to package directions, adding the two cups of broccoli for the last minute of cooking. Drain and rinse with cold water.
2. Meanwhile, heat 1 ½ teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle the salmon with ¼ teaspoon of the salt and pepper. Add to the pan, skin-side up and cook until golden brown, 3 to 5 minutes. Flip and cook until the flesh is opaque, 3 to 5 minutes, depending on thickness.
3. Whisk 2 tablespoons oil, herbs, 2 teaspoons lemon zest, 1 tablespoon lemon juice and the remaining ¼ teaspoon of each salt and pepper, in a medium bowl. Add the orzo and broccoli; stir until combined.
4. Serve the orzo mixture with the salmon and drizzle with the remaining 1 ½ teaspoons oil. Serving size is 4 ounces of salmon and ¾ cup of orzo. Enjoy!

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Total Time: 25 minutes

Servings: 4 servings

#### NUTRITION

Calories: 425 Cal

Carbohydrates: 32g

Fat: 17g

Protein: 35g

Dietary Fiber: 8g

## **Olson Wellness Exchange**

Olson Wellness Exchange is a free program designed to help community members incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on educational opportunities and learn about companies in the Omaha area that are offering wellness events in the community. Some benefits of your FREE O.W.E. membership include monthly e-mails or mailings with current offerings and promotions from O.W.E. Partners, the quarterly Women's Health Overview newsletter on a variety of women's issues, and information on educational webinars specific to current health issues. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4<sup>th</sup> Floor of the Durham Outpatient Center on UNMC's main campus, or register online at [www.olsoncenter.com](http://www.olsoncenter.com)

