

Roasted Salmon and Mushrooms

Total Servings: 6

Total Time: 20 min

Ingredients

- 1 pound mushrooms (any variety), chopped
- 6 skinless salmon fillets (approx. 3 oz each)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 tablespoons minced garlic (approx. 4 cloves)
- 1 tablespoon Italian seasoning
- ½ teaspoon salt
- 1 teaspoon black pepper

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. On a large sheet pan, toss mushrooms in 1 tablespoon olive oil, lemon juice, minced garlic, Italian seasoning, and ½ teaspoon black pepper. Arrange in a single layer.
3. Place salmon fillets on top of vegetables. Brush with remaining olive oil and sprinkle with salt and remaining black pepper.
4. Bake for 15 minutes, or until the internal temperature of the salmon reaches 145 degrees Fahrenheit. Serve.

Recipe Nutrition Information

Per serving: Calories: 238 kcal | Carbohydrates: 4 g, Fiber: 1 g (3 g net carbohydrates) | Protein: 24 g | Fat: 15 g (2 g Saturated Fat) | Sodium: 199 mg

Pumpkin Gnocchi with Broccoli Pesto

Total Servings: 6

Total Time: 30 min

Ingredients

- 1 cup unbleached all-purpose flour
- 1 ½ - 2 cups whole wheat flour
- 1 teaspoon salt
- 1 ½ cup pumpkin puree
- 2 large eggs
- 1 ½ cup broccoli florets (fresh or frozen)
- 2 tablespoons walnuts
- 2 cups or 1 bunch basil leaves
- 2 garlic cloves (or 1 tablespoon minced garlic)

- 2 tablespoons olive oil
- ½ teaspoon black pepper

Instructions

1. Place a large pot of water on the stove to boil.
2. If using fresh broccoli: boil for 30 seconds and then transfer the broccoli in a mixing bowl with ice cubes (this is called blanching). If using frozen broccoli: Steam according to package directions. Set aside to cool. Set water to return to a boil.
3. In a small sauté pan over medium-high heat, spread the walnuts into a single layer. After 1 minute, use a spatula or wooden spoon to stir about every 30 seconds, toasting for a total of 6-7 minutes. Set aside to cool.
4. On a clean, dry countertop or large cutting board, combine all-purpose flour, 1 ½ cup whole wheat flour and ½ teaspoon salt.
5. Form a well in the center of the dry ingredients and add the pumpkin puree.
6. Form a well in the center of the pumpkin and add the eggs.
7. Using a utensil, combine the ingredients together. Use your hands to knead the dough into a ball, adding more flour if the dough feels sticky.
8. Divide the dough into 4 equal parts.
9. Roll each piece of dough into a long skinny rope. Cut into pieces.
10. Add the gnocchi to boiling water and cook until they float to the surface (approx. 5 minutes). Set aside some of the pasta water and drain.
11. While the gnocchi boils, add the broccoli, walnuts, basil, and garlic to a food processor or blender. Pulse or blend on a low setting until it forms a coarse mixture.
12. Add olive oil, remaining salt, and black pepper. Blend until combined. Add pasta water until pesto reaches desired consistency.
13. Coat the gnocchi in the pesto and serve.

Recipe Nutrition Information

Per serving: Calories: 306 kcal | Carbohydrates: 45 g | Fiber: 6 g | Protein: 10 g | Fat: 10 g (2 g Saturated Fat) | Sodium: 423 mg

Full Meal Nutrition Information

Roasted Salmon and Mushrooms, paired with Pumpkin Gnocchi and Broccoli Pesto

Per serving: Calories: 544 kcal | Carbohydrates: 49 g, Fiber: 7 g (42 g net carbohydrates) | Protein: 34 g | Fat: 25 g (4 g Saturated Fat) | Sodium: 622 mg