

Crispy-Skin Salmon Over Pasta with Garbanzo Bean Sauce

Makes: 1 Servings

“I made this recipe because I L-O-V-E, love, pasta, and salmon is my favorite fish,” says Emma. “I made the garbanzo bean sauce because my dad used to make garbanzo beans frequently when I was four. I am always open to trying new things.” Emma serves this with a banana-strawberry smoothie.

Ingredients

- 2 tablespoons** acini di pepe pasta
- 1 tablespoon** olive oil
- 1** (2 1/2-ounce) piece salmon, with skin on
- 1/2 cup** canned garbanzo beans (chickpeas), rinsed and drained
- 1** garlic clove, peeled and minced
- 3 ounces** plain nonfat yogurt
- Pinch oregano
- Pinch salt
- Juice of 1/2 lime
- 9** fresh cilantro leaves

Directions

1. **Fill a medium stockpot with water** and bring to a boil. Add the acini di pepe pasta and cook for 7 minutes, or until al dente. Drain and set aside.
2. **In a large sauté pan**, heat ½ tablespoon of the olive oil over medium-high heat. Add the salmon, skin-side down, and cook until the skin is blackened and the salmon is almost cooked through. Flip onto the flesh side and cook approximately 1 minute, or until browned. Remove the



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	519	
Total Fat	21 g	32%
Protein	34 g	
Carbohydrates	51 g	17%
Dietary Fiber	6 g	24%
Saturated Fat	3 g	14%
Sodium	390 mg	17%

*Percent Daily Values are based on a 2,000 calorie diet.

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salmon from the pan and let it cool enough to be handled. Cut off the skin and cut it into small pieces. Set the salmon and cut up skin aside.

3. **In the same pan**, heat the remaining ½ tablespoon of the olive oil over medium heat. Add the garbanzo beans and garlic and cook for 2-3 minutes, or until the garbanzo beans are slightly browned. Drain. In a small bowl, blend the garbanzo beans, yogurt, oregano, salt, and lime juice until smooth.
4. **Place the cooked pasta** in a square in the center of a plate. Gently place the salmon on top of the pasta. Add the garbanzo bean sauce to the side. Sprinkle the salmon skin and cilantro on top of salmon and serve.

The 2015 Healthy Lunchtime Challenge Cookbook