

Pan-Seared Salmon and Farro Salad

Ingredients:

- 2 Salmon Fillets
- ½ Cup Semi-Pearled Farro
- 4 Ounces Brussels Sprouts
- 1 Apple (any kind)
- 1 Lemon
- 1 Large Bunch Parsley
- 2 Tablespoons Whole Grain Dijon Mustard
- 1 Shallot

Directions:

1. Heat a medium pot of salted water to boiling on high. Once boiling, add the farro. Cook 16 to 18 minutes, or until tender. Drain thoroughly.
2. While the farro cooks, wash and dry the fresh produce. Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise, then thinly slice crosswise. Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a bowl with the juice of 3 lemon wedges. Pick the parsley leaves off the stems; discard the stems. Core and small dice the apple.
3. While the farro continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the Brussels sprouts and lemon zest; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Transfer to a large bowl. Wipe out the pan.
4. While the Brussels sprouts cook, add the mustard to the shallot-lemon juice mixture; season with salt and pepper to taste. Slowly whisk in 2 tablespoons of olive oil until thoroughly combined.
5. Pat the salmon fillets dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the Brussels sprouts, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned salmon. Cook 2 to 4 minutes per side, or until browned and cooked to your desired degree of doneness. Remove from heat.
6. While the salmon cooks, to the bowl of cooked Brussels sprouts, add the apple, cooked farro and as much of the vinaigrette as you'd like (you may have extra vinaigrette). Stir to thoroughly combine and season with salt and pepper to taste. In a small bowl, toss the parsley with the juice of the remaining lemon wedge; season with salt and pepper to taste. Divide the farro salad between 2 dishes. Top with the cooked salmon and garnish with the dressed parsley. Enjoy!

718 calories, 81 carbs, 15g fat, 61g protein, 959mg sodium, 20g sugar