

Seared Salmon with Pesto Fettuccine



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The brightness of basil pesto is a nice match for the buttery flavor of salmon in this quick and healthy dinner recipe. Refrigerated pesto, found near fresh sauces and salsas at most stores, is prettier and has a better taste than jarred.

Ingredients

8 ounces whole-wheat fettuccine

$\frac{2}{3}$ cup pesto

1 $\frac{1}{4}$ lbs. wild salmon (see Tip), skinned and cut into 4 portions

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground pepper

1 tablespoon extra-virgin olive oil

Method

1. Bring a large pot of water to a boil. Add fettuccine and cook until just tender, about 9 minutes. Drain and transfer to a large bowl. Toss with pesto.

2. Meanwhile, season salmon with salt and pepper. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add salmon and cook, turning once, until just opaque in the middle, 2 to 4 minutes per side. Serve the salmon with the pasta.

Prep

- Active: 20 Minutes
- Total Time: 20 Minutes

Source: Eating Well Magazine March/April 2015 (Servings: 4 |

Yield: Melissa Velik, 5/11/2016)