Quick Light Meals

By Monica Peabody, Co-op Staff Member

In the summer, quick, light meals that take no more than half an hour to prepare can be delicious and nutritious

Salmon Orzo

Salmon
Olive Oil
Lemon
Garlic
Orzo
Butter
Salt
Mustard Greens

Bring a pot of water to a boil for orzo. Meanwhile preheat the oven to 450. (If I'm just cooking for myself, I use my toaster oven.) Rub salmon all over with olive oil and put it on a pan skin side down. Cover with juice from a fresh lemon, finely chopped garlic and a sprinkling of salt. Cook for 10-15 minutes, or until your salmon is cooked through.

Add orzo to boiling water and cook for 10 minutes. Strain orzo and melt in a pat or two of butter and lightly salt. Put your cooked salmon atop a serving of the orzo and cover with chopped farm fresh mustard greens.