



Salmon with Grilled Veggies and Farro in an Avocado-Basil Aioli

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This recipe is great, with a dose of Omega 3s from the salmon and Omega 9s from the avocado and olives + other vitamins, fiber, and nutrients from the rest!

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Ingredients

Salmon Filets - 4 Sockeye or Wild Caught Pacific King Filets (3-4 oz. each)

Fresh Organic Asparagus - 1 bunch – woody ends trimmed off

Organic Zucchini - 2 medium sized cut into 3" batons

Kalamata Olives (in olive oil) - $\frac{3}{4}$ cup (sliced in half)

Organic Cherry Tomatoes - 1 pint halved

Farro - 1 cup cooked to al dente

Directions

Prep the dressing first :

To mellow out the garlic, you'll want to bring a small saucepan of water to a boil.

Drop in the five garlic cloves and turn heat down to a simmer.

Simmer for two minutes – remove from heat, drain the water, and cover cloves in cold water for a bit to cool down.

Drain again, set cloves aside.

Using either a blender or a container large enough for an immersion blender, combine the blanched garlic and remaining ingredients and blend to a smooth, creamy consistency.

Pop in the fridge.

For the salmon and grilled veggies:

Pre-heat grill to about 350.

Prep each filet with a pinch of kosher salt and pepper, a squeeze of lemon juice and a slight drizzle of olive oil.

Lightly brush each piece of asparagus and zucchini with olive oil.

Grill the salmon filets (skin side down) on one side of the grill and the veggies on the other side.

Salmon filets should take aprox. 9-13 minutes to cook (do not flip). Salmon is done when internal temp reaches 140 degrees.

Grill veggies until just done – do not overcook. Cut grilled asparagus into 3" segments.

To plate or assemble:

Toss a healthy quarter cup cooked Farro, 4-5 kalamata olive halves, 5-6 cherry tomato halves, 5-6 asparagus and zucchini pieces with about 1 ½ T of the dressing.

Pile up on a plate and place a filet of grilled salmon over the mixture, garnish with fresh basil, take a picture, congratulate yourself and dig in!!

SERVES 4

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