



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### Dinner: Salmon with Roasted Vegetables and Pasta

Serves 4

#### Ingredients

- 2 large fennel bulbs
- 1 pint grape tomatoes
- 8 cloves of garlic, peeled and halved
- 1 lemon, sliced thin
- ¼ cup olive oil
- 4 6 oz. salmon fillets
- ½ cup fresh dill, chopped
- 1½ teaspoons salt
- ½ teaspoon pepper
- 8 oz. penne pasta

#### Directions

1. Pre-heat oven to 400 degrees.
2. Cut each fennel bulb in half lengthwise, and then cut each half into 6 wedges (you should have 24 pieces total).
3. In a roasting pan or large baking dish, combine the fennel, tomatoes, garlic, lemon, oil, 1½t of salt, and ¼t of pepper. Stir until everything is evenly coated.
4. Spread the mixture into a single layer and roast until the fennel is tender, about 40 minutes. Set aside.
5. Bring a large pot of water to boil.
6. Pat salmon fillets dry. Sprinkle with salt and pepper on the non-skin side. Rub ¼ cup chopped dill all over the top of the salmon.
7. Cover a roasting pan with foil and put salmon on it.
8. Bake for 10 - 12 minutes.
9. As soon as the fish is in the oven, put the penne in the boiling water. When cooked, drain and return it to the cooking pot.
10. Add the roasted vegetables, pan juices and ¼ cup of dill to the pasta. Over medium heat, toss to combine and until just heated through.
11. Serve 1 piece of salmon on each plate with a helping of pasta.

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