



Sarah's Oven Baked Salmon with Warm Farro and Roasted Vegetable Salad is a healthy, delicious and protein-packed dish to ease your diet into lighter fare without compromising flavor. Sarah Nasello / The Forum

Oven Baked Salmon with Warm Farro and Roasted Vegetable Salad

Serves: 4

Farro ingredients:

- 1 cup farro
- 1 quart chicken or vegetable stock, or water
- 1 bay leaf
- ¼ teaspoon kosher salt

Roasted veggies and salmon ingredients:

- 1 medium-large sweet potato, peeled and cut into ½-inch pieces
- 8 ounces assorted mushrooms, thickly sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon crushed red pepper
- 2 teaspoons garlic, minced, divided (about 2 medium sized cloves or 1 large one)
- ½ teaspoon kosher salt, divided
- 4 salmon fillets, 4 ounces each, skin removed

Farro salad ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon fresh lemon juice

1 teaspoon honey
1 ½ teaspoons Dijon mustard
½ teaspoon ground black pepper
3 cups baby spinach leaves (about 2 large handfuls)
Cooked farro
Roasted sweet potatoes and mushrooms
1 medium shallot, thinly sliced (about ½ cup)

Directions:

Preheat oven to 450 degrees and line a baking sheet with parchment paper or aluminum foil, or coat with cooking spray.

In medium saucepan, bring stock or water to a boil over high heat. Add farro, bay leaf and salt and bring back to boil, then reduce heat to medium and cook, uncovered, until farro is tender with just a little crunch, about 30 minutes. Drain the liquid and use immediately or refrigerate for up to 5 days and reheat in microwave before serving, if desired.

As the farro cooks, prepare the sweet potato, mushrooms and salmon. In a large bowl, toss sweet potato and mushrooms with olive oil, crushed red pepper, 1 teaspoon garlic and ¼ teaspoon salt until well-combined. Spread vegetables onto prepared baking sheet in an even layer (save the bowl to use for salad). Roast for 8 minutes, then toss vegetables and continue cooking until almost tender, about 7-8 more minutes.

Sprinkle remaining teaspoon of garlic and ¼ teaspoon salt over each salmon fillet. When vegetables are ready, tuck each salmon fillet in among the mix and continue roasting until salmon is cooked through, about 7-9 minutes. The salmon will release droplets of white fat once it is cooked and the inside should be opaque. Salmon may be served immediately or refrigerated for up to 3 days.

As salmon bakes, prepare the farro salad. In bowl that was used for vegetables, whisk together olive oil, vinegar, lemon juice, honey, Dijon and pepper until well-combined. Add spinach leaves and toss until well-coated. When the farro is still hot, place over spinach and let sit for a minute or 2 until the spinach begins to wilt, then toss to combine.

When the salmon and vegetables are ready, transfer sweet potatoes and mushrooms to bowl with the farro mixture. Add shallots and toss until well-combined. Salad may be served immediately or refrigerated for up to 5 days. To serve, spoon a bed of farro salad onto each plate and top with a fillet of salmon.

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"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.