

# Baked Salmon with Pear Salsa and Quinoa Patties

Fall Salmon runs are coming into the stores and tree-ripened pears are also in the markets.

Tonight's offering is baked salmon with a pear/tomato salsa. Yup - these two fruits play well together and this salsa will dazzle your diners. The salmon and salsa are accompanied by another favorite at my house, grilled quinoa/potato patties. It's all served with a tasty dressed arugula salad.

**Preparation time: 45 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Cooking goes faster when you prep and organize ingredients so they are ready to add. Prep a total of 1-1/4 C. chopped onion: 3/4 C. thin-sliced and finely chopped for the Quinoa/Potato Patties and 1/2 C. chopped for the Pear/Tomato Salsa

### Quinoa Potato Patties

1 medium russet potato (scrubbed and quartered)  
1 tsp. butter  
1-1/3 C. water  
1 tsp. Better than Bouillon Vegetarian Base  
1/3 C. dry quinoa  
1/3 C. dry couscous  
1 tsp. olive oil  
3/4 C yellow onion (thin-sliced and chopped)  
1/2 C. fennel bulb (shredded)  
2 T. rice wine vinegar  
pinch of salt  
1/2 tsp. ground black pepper  
2 T. canola oil

### Pear/Tomato Salsa

#### Quick, Low-sodium Tomato Salsa:

1 clove garlic (smashed and chopped)  
1/2 C. yellow onion (chopped)  
1 jalapeño pepper (seeded and finely-chopped)  
1 Anaheim pepper (seeded and finely-chopped)  
1/4 C. cilantro leaves (chopped)  
one 15 oz. can no-salt diced tomatoes  
pinch of salt  
juice from one-half lime

#### Pear/Tomato Salsa:

1-1/2 C. fresh pear (cored and chopped)  
3/4 C. low-sodium tomato salsa (from above)

### Baked Salmon

2 T. lemon juice  
1 tsp. low-sodium soy sauce  
1/2 tsp. sugar  
1/4 tsp. fresh ginger (grated)  
  
16 oz. fresh wild salmon fillet

### Dressed Arugula

#### Dressing for Arugula:

2 tsp. olive oil  
1/2 tsp. honey  
1 tsp. balsamic vinegar  
2 tsp. low-sodium vegetable broth  
  
3 C. arugula (washed and dried)  
6 cherry tomatoes (halved)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by boiling the potatoes and cooking the quinoa. They can cook simultaneously. Once you've assembled the Quinoa/Potato Patties, the recipe comes together quickly. Preheat oven to 425°.

### Quinoa/Potato Patties

1. Place scrubbed and quartered potatoes in 1 C. lightly-salted water and boil for 10-12 minutes, until tender. Drain off water and let cool slightly. Mash potato with butter in cooking pan while still warm.
2. Place water, bouillon base, quinoa and couscous in a medium saucepan. Bring to a boil. Turn off heat, cover and leave for 20 minutes.
3. Sauté onion and fennel in oil until onion becomes translucent.
4. Stir mashed potatoes and quinoa/couscous mixture together with onion, fennel, vinegar salt and pepper. Form into 4 patties.

Note: While the salmon bakes, brown the patties on both sides in hot oil. Set aside.

### Pear/Tomato Salsa

#### Low-sodium Tomato Salsa:

Place garlic, onion, peppers and cilantro in a food processor and pulse until finely chopped. Add the diced tomatoes, salt and lime juice. Pulse a few more times to blend well. You'll use 3/4 C. of salsa tonight. Store remaining salsa in a jar in the fridge.

#### Pear/Tomato Salsa:

Measure 1/2 C. chopped pear into a medium-size bowl. Mash well. Add remaining chopped pear and 3/4 C. of the Low-sodium Tomato Salsa to bowl. Stir well and set aside.

### Baked Salmon

Mix lemon juice, soy sauce, sugar and ginger in a small bowl.

Place salmon, skin-side-down, in an oiled baking dish. Pour lemon juice mixture over salmon and place in a preheated 425° oven. Set a timer for 15 minutes. Thick fillets may need an additional 3 minutes.

### Dressed Arugula

Place all dressing ingredients in a small jar with a tight-fitting lid and shake well.

Toss arugula in a medium-sized bowl with dressing. Divide between two dinner plates and arrange halved tomatoes over the top.

### Plate the Meal

If necessary, reheat potato patties before serving. Set aside 1/3 of the cooked fish for Friday's meal and place the two remaining fillets on dinner plates next to dressed arugula.

Spoon 1 C. pear salsa over one end of each fillet and let it flow onto the plates. Place a couple of Quinoa/Potato patties next to the salmon.

Let us know what you think and ask any questions you may have. [chezdon@plate6.com](mailto:chezdon@plate6.com)