

Cardiovascular Disease



Culinary Skills & Techniques:

- Simple fish cooking methods
- Citrus as a powerhouse culinary tool
- Introducing sheet pan roasting technique
- How to make an herb sauce

Nutrition Concepts

- Including whole grains
- Heart healthy omega-3 fatty acids (salmon)
- Review the Mediterranean Diet
- Introduction to the DASH Diet
- Reducing sodium with flavorful spice mixes

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Sheet Pan Pasta with Salmon and Verde Sauce



If prepping ahead of the cook along will help you go at your own pace and engage in the discussion, here are some suggestions:

Equipment List:

- Large pasta pot
- Colander
- Baking sheet
- Chef's knife & cutting board
- Prep bowls & scrap bowl
- Measuring spoons
- Liquid and dry measuring cups
- Can opener
- Microplane
- Blender or immersion blender
- Wooden spoon or spatula
- Pasta spoon
- Tongs

Prep Ahead:

- Dice or slice onion
- Halve or slice mushrooms
- Halve or quarter tomatoes
- Cut broccoli
- Mince or thinly slice garlic
- Rinse & drain beans
- Pre-measure dried spices

Sheet Pan Pasta with Salmon and Verde Sauce

Serves 4



Ingredients:

- 8 ounces whole wheat pasta (2 cups if using short noodles)
- 6 ounces broccoli (½ head or 2 cups small florets)
- ½ medium yellow onion, thinly sliced or diced
- 4 ounces mushrooms, halved or sliced
- 1 pint grape or cherry tomatoes, halved or quartered
- 3 garlic cloves, thinly sliced or minced
- 3 tablespoons olive oil, divided
- 8 ounces salmon fillet (optional)
- 3 cups loosely packed baby spinach (about ½ of a 5-ounce bag)
- 1 15-ounce can low-sodium white beans, drained and rinsed
- Zest of one lemon and 2 tablespoons juice (about ½ large lemon)
- ½ cup reserved pasta water

For the spice mix:

- 1 ½ teaspoons dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon black pepper
- ¼ teaspoon dried chives
- ¼ teaspoon salt
- Pinch of red pepper flakes

For the verde sauce:

- ½ cup olive oil
- Zest and juice of 1 lemon or ¼ cup red wine vinegar
- 1 cup torn kale leaves
- 1 cup spinach
- 3 scallions, white and green parts
- 1 garlic clove
- Pinch of salt
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes

Instructions:

1. Preheat oven to 400°F and, in a large pot, begin to boil water for pasta.
2. While preparing the vegetables, set sheet pan in the hot oven for 5 minutes. Combine prepared broccoli, onion, mushrooms, half of the grape tomatoes, and garlic in a large mixing bowl.
3. In a small bowl, combine spice mix.
4. Drizzle vegetables with olive oil and sprinkle with spice mix (reserving ½ teaspoon if using salmon). Stir and toss to coat well.
5. Carefully remove sheet pan from the oven and evenly distribute the veggies across the hot pan. Set the fish on top of the veggies in the center of the pan and sprinkle with remaining spice mix. Return the vegetables (and salmon) to the oven and roast for 15 minutes, or until the fish reaches a safe internal temperature of 145 degrees F.
6. While the vegetables roast, boil pasta according to package directions, reserving ½ cup pasta water. Drain and return to pot.

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Instructions:

7. For the sauce: combine all the ingredients in a blender or high-sided container if using an immersion blender. Blend until the sauce is smooth, adding water or additional olive oil if needed. Set aside.
8. Remove the vegetables from the oven. Set the cooked salmon aside on a plate. Scrape the roasted vegetables into the pot of pasta, and add in the rest of the tomatoes, spinach, white beans, lemon zest and juice, reserved pasta water, and verde sauce. Stir well to combine, wilting the spinach, warming the white beans, and coating the pasta and vegetables with the sauce. If needed, place pot over low heat to warm through.
9. Serve warm, room temperature, or cold with 2 ounces of cooked salmon on top, and enjoy!

Sheet Pan Pasta with Salmon and Verde Sauce

Serves 4



Sheet Pan Pasta - Salmon with Verde Sauce

Nutrition Facts

Serving Size 1 × 4 Serving

Amount Per Serving

Calories 755.1

% Daily Value*

Total Fat	43.9 g	56 %
Saturated Fat	6.2 g	31 %
Trans Fat	0 g	
Cholesterol	40.3 mg	13 %
Sodium	380.2 mg	17 %
Total Carbohydrate	65.2 g	24 %
Dietary Fiber	13.6 g	48 %
Total Sugars	7.7 g	
Added Sugars	0 g	0 %
Protein	31.3 g	
Vitamin D	5 mcg	25 %
Calcium	175 mg	13 %
Iron	6 mg	33 %
Potassium	1625.6 mg	35 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[Full Info at cronometer.com](https://www.cronometer.com)

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