

Nutrition for Healthy Skin, Hair, and Nails

Salmon Fillet with Lentils

Yield 3 servings

Prep time: 15 min

Total cooking time: 45 min

(1/2 cup cooked lentils, 3 oz of salmon fillet)

Ingredients

Salmon

- 3 skinless salmon fillets, (3 ounces each)
- 1 tbsp olive oil
- ½ small onion chopped
- 2 cloves garlic, minced
- 8 oz tomato sauce
- 4 oz water
- 2 small tomato, chopped
- ½ black pepper
- ½ tsp cumin
- ¼ tsp salt

Lentils

- ¾ cup dry green lentils
- ½ small onion, chopped
- 1 large celery stalk, chopped
- ¾ cup shredded carrots
- 1 tablespoon olive oil
- 4 oz tomato sauce
- 4 oz water
- 1 clove garlic, minced
- Salt and ground pepper
- ¼ tsp cumin

Directions

- 1- In a small sauce pan, add lentils and 2 cups of water, bring to boil, reduce heat and simmer for about 20 minutes until lentils are tender. Drain water
- 2- In a skillet, add oil, garlic, onion, celery, and carrots, and sauté for 3 minutes.
- 3- Add sautéed vegetables to lentils, salt, cumin, tomato sauce, and one cup of water; stir ingredients and cook for 15 min, until ingredients are tender.
- 4- In a separate skillet, add oil, and then pan fry salmon fillet for two minutes.
- 5- In a small bowl, mix tomato sauce, water, chopped tomato, garlic, onion, salt, cumin and black pepper, and then add to salmon fillet.
- 6- Reduce heat, and simmer for 20-25 minutes
- 7- Spoon lentils on each plate, and place a salmon fillet on the side

Nutritional Facts**Farm raised salmon, cooked**

Serving size (3 oz)

Calories	144/3 oz
Total fat	54 mg/oz
Protein	20g
Omega 3	1,800 mg

Olive oil 119 kcal/1tbsp**Lentils**

Serving size (1/2 cup)

Calories	115 Cal
Carbohydrates	20 g
Protein	9 g
Iron	3.5 mg
Folate	358 mcg
Fiber	8 g

Total Protein: approximately 29 g/ serving of salmon and lentils

Vitamin C

Onions, cooked	10.9 mg/1 cup
Tomato sauce, canned	17.2mg/1 cup
Tomato, red, ripe, average	16.9 mg/1 tomato
Celery, raw	1.2 mg/1 stalk

Vitamin A

Carrots, cooked	1329 µg / 1cup
Tomato, red, ripe, raw	76µg/1cup
Celery, raw	8.8µg/1stalk

References

<http://www.ars.usda.gov/Services/docs.htm?docid=22114><http://www.clemson.edu/cafls/cuchefs/files/lentils.pdf>http://seafoodhealthfacts.org/seafood_choices/salmon.php

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