

# Dinner for 2

This perfectly portioned recipe makes dining as a duo simple, satisfying and light on the leftovers. The key to pulling off the most flavorful salmon is to leave the skin on while cooking.



**Kim Crawford  
Sauvignon Blanc**



A great pairing for the full-flavored salmon dish. The citrus notes of this wine will partner well with fish!

## Horseradish-Mustard Salmon

**Active Time: 25 minutes**

**Total Time: 30 minutes • Serves: 2**

- 1 package (about 5 ounces) **Near East® Quinoa Blend or Whole Grain Blends**
- 3 teaspoons **Crisco® extra virgin olive oil**, divided
- ¼ cup sliced almonds, toasted, if desired
- 1 tablespoon refrigerated prepared horseradish
- 1 tablespoon **Schnucks Dijon mustard**
- 1 teaspoon fresh lemon juice plus ½ small lemon, sliced for garnish (optional)
- ½ teaspoon dried tarragon or 1 teaspoon chopped fresh tarragon leaves

- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¾ pound fresh salmon fillet, cut into 4 equal pieces

1. In 2-quart saucepan, prepare quinoa blend as label directs with 1 teaspoon olive oil; toss with almonds.
2. Meanwhile, in small bowl, stir horseradish, mustard, lemon juice, tarragon, salt and pepper until well blended.
3. Heat remaining 2 teaspoons oil in 12-inch skillet over medium-high heat. Add salmon, skin side up; cook 5 to 6 minutes or until golden brown on bottom. Turn salmon and cook 4 to 5 minutes or until internal temperature reaches 145°F; spread some horseradish-

mustard sauce over salmon pieces during last 3 minutes of cooking.

4. Slide spatula between skin and salmon to remove skin. Serve salmon over quinoa blend drizzled with remaining horseradish-mustard sauce; garnish with lemon slices, if desired.

*Each serving: about 662 calories, 31 g total fat (7 g saturated), 74 mg cholesterol, 953 mg sodium, 54 g carbohydrate, 6 g fiber, 2 g sugars, 37 g protein*

### > Cook's Wisdom

*Serve alongside steamed fresh green beans tossed with a little butter, lemon juice, salt and pepper.*