

Linguine Puttanesca with Salmon



Ingredients:

- 4 tsp. olive oil, divided
- 1 cup chopped onion
- 2 Tbsp. finely chopped garlic
- 1 (15 oz.) can plum tomatoes
- 1 Tbsp. capers
- 2 Tbsp. chopped black olives
- ¼ cup shredded basil
- 6 oz. whole grain Linguine
- 4 (4 oz.) center-cut salmon filets

Directions:

1. Heat a medium saucepan over medium-high heat. Add 2 tsp. of the olive oil and sauté the onion until softened and starting to brown (about 3 minutes).
2. Add the garlic and cook until aromatic (about 30 seconds). Add the tomatoes, capers and olives. Reduce heat to a simmer.
3. Cook until the sauce is slightly thickened (about 10 minutes). Stir in the basil.
4. While the sauce is cooking, bring a large pot of water to a boil. Cook the linguine according to package directions. Drain and reserve.
5. Heat a grill pan over medium-high heat. Coat the salmon with the remaining oil. Season with Italian seasoning, pepper, and a hint of salt.
6. Grill the salmon until nicely charred on one side (about 3 minutes). Turn the fillets and do the same on the other side. Center of salmon should be heated to 145 degrees Fahrenheit for 15 seconds.
7. Toss the pasta with the sauce. Divide and top each serving with a piece of salmon.