

# Light Italian One Pot Salmon & Orzo

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/creamy-italian-salmon-pasta-recipe>

## Ingredients:

- 1 pound salmon
- 2 tablespoons olive oil
- 1/2 cup diced yellow onion
- 4 garlic cloves minced
- 14 1/2 ounces basil Garlic & Oregano diced tomatoes
- 3 1/2 cups chicken broth
- 1 1/2 cups whole wheat orzo DeLallo
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon italian seasoning
- 1/2 cup shredded Parmesan cheese
- 2 tablespoons chopped parsley

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 65 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 34 grams
7. SaturatedFat: 4 grams
8. Sodium: 910 milligrams
9. Sugar: 1 grams

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