



Pomegranate-Glazed Salmon with Asparagus-Mint Citrus Salad

Nutritious superfoods are a smart idea for jumpstarting fertility... and this recipe has extra punch with 4 of those key ingredients: salmon, pomegranate, asparagus and oranges.

Wild-caught salmon contains essential fatty acids and omega-3s, shown to be beneficial to fertility, plus selenium and Vitamin D for healthy sperm levels. The antioxidants in pomegranates have been found to increase sperm motility. Nutrient-rich asparagus offers full daily value (DV) of Vitamin K, 60% DV of folate and 20%+ DV of Vitamins A, C and B (thiamin) in just a 1-cup serving. Polyamine putrescine in oranges has been shown to improve egg and semen health too.

Ingredients

1 pound asparagus	1/4 cup toasted hazelnuts, crushed
1 orange	1/4 cup fresh mint, minced
2 tablespoons apple cider vinegar	2 tablespoons fresh parsley, minced
1 tablespoon Dijon mustard	2 scallions, thinly sliced on the bias up to the pale greens
1 tablespoon plus 1 teaspoon extra-virgin olive oil	Kosher salt and freshly ground black pepper
1 cup frozen lima beans, defrosted	Four 3- to 5-ounce skin-on salmon fillets, thoroughly dried with a paper towel

Pomegranate Glaze

1/2 cup pomegranate juice	2 tablespoons Dijon mustard
2 tablespoons honey	1 teaspoon cornstarch
2 tablespoons brown sugar	Kosher salt and freshly ground black pepper

Total: 30 minutes Active: 30 minutes Serves: 4

Directions

1. Bring a pot of water to a boil; prepare an ice water bath. Blanch the asparagus in the boiling water, then transfer to the ice water to stop the cooking process. Drain, then cut the asparagus spears on the bias into thirds.
2. Zest the orange, remove and discard the peel and cut the flesh into segments; squeeze the juice from the remaining membranes into a large bowl.

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3. Add the vinegar, mustard and 1 tablespoon of the olive oil to the bowl with the orange juice; whisk together. Add the orange zest and segments, asparagus, lima beans, hazelnuts, mint, parsley and scallions and toss to combine. Season with salt and pepper.
4. Position an oven rack in the second position from the top and preheat the oven to broil.
5. Heat a nonstick ovenproof skillet over medium-high heat. Season all sides of the salmon with salt and pepper. Add the remaining 1 teaspoon olive oil to the skillet. Place the salmon fillets in the skillet skin-side down and cook for 1 minute.
6. Set aside some of the Pomegranate Glaze in a separate bowl for serving, then brush the salmon liberally with the remaining glaze, being careful not to let too much drip down as the glaze will burn and hinder the crisping of the skin. Transfer to the oven and broil until the glaze is caramelized and the internal temperature of the salmon reaches 125 degrees F, 4 to 5 minutes.
7. Serve over the asparagus salad with a couple smears of the reserved glaze on the side.
8. Pomegranate Glaze:

Whisk together the pomegranate juice, honey, sugar, mustard, cornstarch and some salt and pepper in a small saucepan and bring to a simmer. Simmer until thickened, about 3 minutes. Let cool.

View original recipe by: [Food Network](#)

