**Baked Salmon with Browned Mushroom Orzo**

**Produce**

garlic *(if needed)*

1 large yellow onion

1 head Napa or Savoy cabbage

1 bunch fresh cilantro

1 red bell pepper

6 oz. crimini mushrooms

**Canned/Dried Foods**

 orzo pasta

low-sodium vegetable broth *(if needed)*

balsamic vinegar *(if needed)*

rice wine vinegar *(if needed)*

cornstarch *(if needed)*

bay leaf *(if needed)*

white wine for cooking *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

1 lb. wild salmon fillets *(purchase in 3 filets – you can use frozen filets)*

**Chilled Foods/Dairy**

shredded Parmesan cheese *(if needed)*