

♥ Valentine's Day Delights ♥

A Valentine's Day Dinner To Remember

(NAPS)—Treat that special someone in your life to an elegant, yet easy, dinner of Roasted Salmon with Caramelized Onions, Figs and Red Wine, fresh green beans and orzo pasta. A meal that celebrates a special occasion and your desire to eat more healthfully, may be the best gift you can give.

Fresh, bright pink salmon simply roasted sits atop a ruby-red "sauce" of caramelized onions and sweet, golden California Calimyrna figs. The sauce is flavored with a full-bodied red wine, a touch of balsamic vinegar and some fresh rosemary. Heart-healthy California dried figs provide most of the eight grams of dietary fiber in this dish, as well as calcium, iron, potassium and health-promoting antioxidants; the onions and red wine also contribute a healthy dose of antioxidants; and the salmon adds omega-3 fatty acids. This beautiful dish delivers on all levels—flavor, eye appeal, texture and stellar nutritional value.

California dried figs, both golden-brown Calimyrnas and dark purple Missions, are versatile and equally at home in entrées, desserts, salads and side dishes. If you're looking for a healthy, portable snack to keep handy during the long winter months, figs are the answer. Five to six California dried figs provide approximately five grams of dietary fiber or 20 percent of your daily value along with eight percent of your daily value for iron, six percent for calcium and seven percent for potassium, which can help keep your blood pressure normal.

Roasted Salmon with Caramelized Onions, Figs and Red Wine

2 tablespoons olive oil



For a special dinner, serve heart-healthy Roasted Salmon with Caramelized Onions, Figs and Red Wine.

- 1 pound yellow onions, halved and thinly sliced to measure 4 cups**
- Salt**
- 1 cup (6 ounces) Blue Ribbon Orchard Choice or Sun-Maid Mission or Calimyrna figs, stemmed and halved**
- ½ cup red or white wine**
- ½ cup chicken broth**
- 1 tablespoon balsamic vinegar**
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary**
- Freshly ground black pepper**
- 1 to 1½ pounds salmon filet, skinned and cut into 4 portions**
- Chopped parsley**

Swirl olive oil in bottom of medium nonstick skillet. Add onions and sprinkle ½ teaspoon salt. Cover and cook over medium-low heat, stirring occasionally, until

onions are soft, about 10 minutes. Remove cover and cook, stirring often, until onions are golden, 15 to 20 minutes. Stir in figs, wine, broth, vinegar and fresh rosemary. Increase heat to high and simmer until sauce thickens, about 5 minutes. Add salt and pepper to taste. Keep warm. Preheat oven to 450°F. Sprinkle salmon with salt and pepper to taste. Place on lightly oiled heavy baking sheet. Roast for 7 to 10 minutes or until fish flakes. Sprinkle salmon with parsley. Serve over fig sauce. Makes 4 servings.

Nutrients per serving: Calories 416; Protein 26g; Fat 15g; Carbohydrate 39g; Cholesterol 64mg; Dietary Fiber 8g; Sodium 549mg; Daily Value: 4 percent vitamin A, 20 percent vitamin C, 15 percent iron and 10 percent calcium.

Check the Valley Fig Growers Web site, www.valleyfig.com, for more recipes.