

Salmon Primavera: 20 Minute Meal



INGREDIENTS:

2 packages (1 to 1.5 lb. each) frozen pasta with vegetables and Primavera sauce
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked

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DIRECTIONS:

Prepare frozen pasta according to package directions, adding salmon during the last 3 to 5 minutes of cooking time to heat through.

Variation: Rinse (in colander under cold water) contents of 2 packages (1 lb. each) of frozen pasta and vegetables; drain. Transfer to bowl. Stir in salmon, and about 2/3 cup of your favorite bottled dressing (Ranch, Caesar, Italian, etc.). Stir to coat. Serve immediately or refrigerate until serving.

Makes 4 to 6 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 399.3 calories, 16.3g total fat, 5.8g saturated fat, 36% of calories from fat, 62.3mg cholesterol, 28g protein, 36.5g carbohydrate, 6g fiber, 913.3mg sodium, 312.4mg calcium and 1.4g omega-3 fatty acids.