

### Salmon Tetrazzini: 30 Minute Meal



#### INGREDIENTS:

8 ounces spaghetti or thin spaghetti, uncooked  
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  
1 Tablespoon margarine or butter  
1 package (8 oz.) sliced mushrooms or  
2 cans (4 oz. each) sliced mushrooms, drained  
2 cloves garlic, minced or 1 teaspoon bottled minced garlic  
2 Tablespoons dry sherry (optional)  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 Tablespoons flour  
2/3 cup canned evaporated skim milk OR milk  
1/4 cup thinly sliced green onions or chives  
1/4 cup grated Parmesan cheese

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#### DIRECTIONS:

Cook spaghetti according to package directions. Meanwhile, drain salmon, reserving liquid. Break salmon into chunks; set aside. Melt margarine in a large nonstick skillet over medium-high heat. Add mushrooms and garlic; cook 5 minutes, stirring occasionally. Add sherry, if desired, and sprinkle with salt and pepper. Add flour; cook 1 minute, stirring constantly. Add milk and reserved salmon liquid; simmer 5 minutes or until sauce thickens, stirring occasionally. Stir in salmon and green onions; heat through. Drain spaghetti; arrange on four serving plates. Top with salmon mixture and cheese.  
Makes 4 servings.

#### NUTRITIONAL INFORMATION:

Nutrients per serving: 481.5 calories, 12.7g total fat, 4.9g saturated fat, 24% of calories from fat, 71.7mg cholesterol, 40.7g protein, 48.8g carbohydrates, 2.3g fiber, 1072mg sodium, 465.5mg calcium and 1.9g omega-3 fatty acids.