

Tortellini, Tomato & Salmon Salad: 25 Minute Meal



INGREDIENTS:

1 package (16 to 19 oz.) refrigerated or frozen cheese-filled tortellini
2 cups fresh or frozen broccoli
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
1 small tomato, seeded and diced*
3/4 cup (3 oz.) shredded Parmesan cheese
8 oz. regular or reduced-calorie Italian dressing with cheese

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DIRECTIONS:

Salad: Cook tortellini according to package directions. Drain; rinse in cold water. Transfer to large bowl. Microwave broccoli on HIGH 1-2 minutes, add to pasta. Stir in salmon, tomato, cheese and dressing.

*Substitute 1/2 cup sun-dried tomatoes, julienne cut, for added flavor.

Makes 2 quarts, about 4 to 6 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 606.8 calories, 39.3g total fat, 9.7g saturated fat, 58% of calories from fat, 182.4mg cholesterol, 36.6g protein, 27g carbohydrate, 2.6g fiber, 1483.1mg sodium, 458.1mg calcium and 3.1g omega-3 fatty acids.