

Salmon & Broccoli-Cheese Pasta: 20 Minute Meal



INGREDIENTS:

2 packages (4.8 oz. each) pasta with four-cheese sauce
1/2 cup fat-free milk
1 package (10 oz.) frozen chopped 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 teaspoon lemon-pepper seasoning

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DIRECTIONS:

In large saucepan, prepare packaged pasta according to low-fat directions, stirring in an additional 1/2 cup milk. Microwave broccoli on HIGH for 3 minutes, rotating occasionally and pulling apart to thaw. During the last 3 minutes of pasta cook time, blend in broccoli, salmon, and lemon-pepper seasoning, heat through.

Makes 6 cups, about 3 to 4 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 361 calories, 14.6g total fat, 3.8g saturated fat, 36% of calories from fat, 62.9mg cholesterol, 29.5g protein, 28.5g carbohydrate, 3.1g fiber, 1158.8mg sodium, 299.9mg calcium and 1.9g omega-3 fatty acids.