

### **Creamy Salmon Pasta: 25 Minute Meal**



#### **INGREDIENTS:**

1 package (12 oz.) elbow macaroni or small shell pasta  
1-1/2 cups fat-free milk  
1 package (1.7 oz.) creamy garlic herb sauce mix or lemon dill sauce mix  
1 Tablespoon butter  
1 shallot, finely chopped or 1/4 cup minced onion  
1 can (4 oz.) sliced mushrooms (or your favorite vegetable), drained  
1 teaspoon fresh lemon juice  
1 can or pouch (6 to 7.5 oz.) salmon, drained and chunked

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#### **DIRECTIONS:**

Cook pasta according to package directions; drain. In small bowl, whisk milk with sauce mix; set aside. In a large pan, melt butter over medium heat. Add shallot and mushrooms; cook 3 minutes. Stir in milk mixture. Cook, stirring occasionally, until sauce is thickened, 3 to 5 minutes. Add lemon juice, pasta, and salmon; stir until pasta is heated through.  
Makes about 6 cups, 4 to 6 servings.

#### **NUTRITIONAL INFORMATION:**

Nutrients per serving: 256.8 calories, 8g total fat, 2.8g saturated fat, 28% of calories from fat, 31.2mg cholesterol, 16.1g protein, 29.7g carbohydrate, 1.7g fiber, 720mg sodium, 255.7mg calcium and .8g omega-3 fatty acids.