

Salmon and Spinach Pasta Marinara: 25 Minute Meal



INGREDIENTS:

1 package (9 oz.) fresh or 8 oz. dry fettuccine*
3 cups refrigerated or bottled marinara sauce
1 package (10 oz.) frozen chopped spinach, thawed
1 can (4.25 oz.) sliced ripe olives or 1 can
(4 oz.) mushrooms, drained
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
2 Tablespoons shredded Romano cheese

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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. Cook fettuccine according to package directions. Drain, rinse, and keep warm. In separate saucepan, heat sauce, spinach, olives or mushrooms, and salmon. To serve, portion one-quarter of the fettuccine onto each of 4 plates. Top with sauce and a sprinkling of cheese.

*Spinach pasta may be used, omitting frozen spinach in recipe and reducing sauce to 2 cups.

Makes 4 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 419.4 calories, 17.5g total fat, 3.8g saturated fat, 36% of calories from fat, 60mg cholesterol, 29.8g protein, 39.9g carbohydrate, 4.6g fiber, 2111.8mg sodium, 405.7mg calcium and 2g omega-3 fatty acids.