

Salmon Pasta Bake

Serves 9, 1/9 of recipe per serving



Ingredients

- 2 cups whole wheat penne pasta
- 2 medium green onions
- 1 (14½-ounce) can pink salmon in water
- 1 cup frozen peas
- 1 cup nonfat or low-fat plain yogurt
- 2 teaspoons dried dill or dried parsley
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup Parmesan cheese, grated

Directions

1. Preheat oven to 400°F.
2. Boil the pasta according to package directions. Drain in a colander. Run under water until cool to the touch, to keep noodles from sticking together.
3. Rinse and finely chop green onions.
4. Drain canned salmon. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper.
5. Transfer pasta mixture to a 9-inch square baking dish.
6. Sprinkle Parmesan cheese over pasta mixture. Bake 25-30 minutes, until bubbling and golden.

Nutrition Facts

Serving Size 1/9 of recipe	
Servings Per Recipe 9	
Amount Per Serving	
Calories 180	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 310mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 15g	
Vitamin A 8%	Vitamin C 4%
Calcium 15%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes - Make it Quick!

- Try using 1 (12-ounce) can low-sodium tuna in water instead of the salmon.
- Kick up the flavor by adding a pinch of ground cayenne pepper to the pasta mixture. Or, top with hot sauce when served.