

Salmon Pasta Bake

Canned salmon is a great budget friendly way to get some heart healthy fish in your diet. Try this recipe with canned tuna if you prefer!

Makes: 9 Servings

Source: SNAP4CT.com recipe/Salmon Pasta Bake

Ingredients

- 2 cups whole wheat pasta
- 2 medium green onions, finely chopped
- 1 can (15 oz) salmon, canned in water, drained
- 1 cup frozen peas, or other frozen veggies of your choice
- 1 cup plain yogurt, nonfat or low fat
- 2 tsp dried dill or dried parsley
- ¼ tsp salt
- ¼ tsp ground black pepper
- ½ cup Parmesan cheese, grated

Directions

1. Preheat oven to 400°F.
2. Cook the pasta according to package directions.
3. Run pasta under cool water to keep noodles from sticking together.
4. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper.
5. Transfer pasta mixture to a 9x9 inch square baking dish.
6. Sprinkle Parmesan cheese over pasta mixture.
7. Bake 25-30 minutes, until bubbling and golden.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/9 of recipe

Nutrients	Amount
Calories:	170
Total Fat:	1 g
Saturated Fat:	1 g
Sodium:	360 mg
Total Carbohydrates:	18 g
Dietary Fiber:	2 g
Protein	18 g

Utensils Needed

- 9x9 Baking Pan
- Pot for Cooking Pasta
- Mixing Bowl
- Spoon



My Cooking Notes

