Salmon Pasta Salad

Ingredients:

1 bell pepper, chopped
2 cups cherry tomatoes, halved
1 cucumber, sliced
1 16-ounce box of whole wheat rotini
1 large salmon fillet
1/2 teaspoon Mrs. Dash®
1/2 cup shredded parmesan cheese

Homemade Pesto Sauce:
1/2 cup pine nuts, lightly toasted
1/2 cup extra-virgin olive oil
2 garlic cloves minced
2 cups packed basil leaves
1 cup finely grated parmesan cheese
1/2 teaspoon kosher salt

Nutrition Facts
Serving Size (75g)
Servings Per Container 10

Amount Per Serving	
Calories 110	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 95mg	**4%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 5g	

Vitamin A 10% • Vitamin C 20%
Calcium 6% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions for salmon and pasta:

1. Spray olive oil spray on both sides of fillet and season with Mrs. Dash®.
2. In a wok, steam fillet skin-side down for 7–10 minutes until flaky.
3. Break up cooked salmon into small bites with fingers and remove bones.
4. Combine and toss salmon with vegetables, pasta and sauce.
5. Top with shredded parmesan and enjoy.

Directions for homemade pesto sauce:

1. Pulse pine nuts in a food processor until completely broken down. Add olive oil, garlic, and pulse until garlic is finely chopped.
2. Chop basil and add to food processor.
3. Pour pesto base into a bowl and add grated cheese and salt. Stir to combine. Leave the sauce thick to toss with cooked pasta.

For more information, please contact:
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Source: ANTHC
Book: Foods We Alaskans Enjoy