

Salmon Pasta Skillet

Serves 6

Ingredients:

- 1½ cups whole grain pasta
(or any pasta you have on hand)
- 1 Tablespoon margarine or butter
- 2 Tablespoons chopped onion
- 1 can (5 ounces) canned salmon,
drained (about ½ cup cooked fresh salmon)
- 2 small tomatoes, chopped
- 3 Tablespoons lemon juice
- 1 Tablespoon chopped parsley or 1 teaspoon dried parsley
- ¼ teaspoon salt



Directions:

1. Cook pasta according to package directions. Drain, then set aside.
2. While pasta is cooking, heat margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet). Add onion and cook until tender.
3. Add cooked pasta, salmon, tomato, lemon juice, parsley and salt. Cook until heated through.
4. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/salmon-pasta-skillet>

Nutrition Facts	
Serving Size 1/2 cup (150g)	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 160mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	
Vitamin A 2%	• Vitamin C 20%
Calcium 2%	• Iron 6%
*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	

Salmon Pasta Skillet

Serves 6

Ingredients:

- 1½ cups whole grain pasta
(or any pasta you have on hand)
- 1 Tablespoon margarine or butter
- 2 Tablespoons chopped onion
- 1 can (5 ounces) canned salmon,
drained (about ½ cup cooked fresh salmon)
- 2 small tomatoes, chopped
- 3 Tablespoons lemon juice
- 1 Tablespoon chopped parsley or 1 teaspoon dried parsley
- ¼ teaspoon salt



Directions:

1. Cook pasta according to package directions. Drain, then set aside.
2. While pasta is cooking, heat margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet). Add onion and cook until tender.
3. Add cooked pasta, salmon, tomato, lemon juice, parsley and salt. Cook until heated through.
4. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/salmon-pasta-skillet>

Nutrition Facts	
Serving Size 1/2 cup (150g)	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 160mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	
Vitamin A 2%	• Vitamin C 20%
Calcium 2%	• Iron 6%
*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	