

# Healthy Recipe

## Creamy Pasta Salad with Salmon

### You will need:

- 2/3 cup plain Greek-style nonfat yogurt\*
- 3 TBSP fresh lemon juice
- 3 TBSP mayonnaise
- 2 tsp lemon zest
- 2 tsp dried dill
- ½ tsp salt
- ½ tsp pepper
- 1 (14 oz) can wild salmon, drained (look for can that says skinless and boneless)
- 1 (10 oz) bag frozen peas, defrosted
- ½ pound whole wheat bowtie or shell pasta, cooked and cooled
- 2 scallions chopped (white and green parts)
- 8 cups salad, mixed greens

\*Greek-style yogurt is simply strained yogurt so it is ultra creamy. You can make your own by placing a paper towel in a strainer, put that over a bowl, and then add 1 1/3 cups of nonfat plain yogurt and let sit in refrigerator for at least 30 min and up to 4 hours. It will yield 1 cup Greek-style yogurt!



- Makes: 4 servings
- Serving Size: 1 ¾ cups pasta salad and 2 cups lettuce
- Calories: 490
- Total Fat: 14 grams
- Sodium: 730 mg
- Carbohydrate: 56 grams
- Fiber: 6 grams
- Protein: 35 grams
- Diet Exchanges: 4 starches, 3 fats, 3 proteins
- Protein: 3 grams

**Total Cost: \$ 6.85**

**Cost per Serving: \$1.71**

*Total cost and cost per serving based on Wal-Mart prices as of June 2007. Prices subject to change based on location where and/or season when items are purchased.*

*Source: Rebecca Greer*

### Directions:

Prep time - 30 minutes

1. Combine yogurt, lemon juice, mayonnaise, lemon zest, dill, salt, and pepper in a bowl and whisk to incorporate.
2. Add the salmon, peas, pasta, and scallions and toss to incorporate.
3. The pasta salad will keep for up to 2 days in an airtight container in the refrigerator.
4. To serve, mound 2 cups of lettuce onto each plate or into to-go containers and scoop about 1 ¾ cups of the pasta salad on top.



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### You will need:

- 2/3 cup plain Greek-style nonfat yogurt\*
- 3 TBSP fresh lemon juice
- 3 TBSP mayonnaise
- 2 tsp lemon zest
- 2 tsp dried dill
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 (14 oz) can wild salmon, drained (look for can that says skinless and boneless)
- 1 (10 oz) bag frozen peas, defrosted
- 1/2 pound whole wheat bowtie or shell pasta, cooked and cooled
- 2 scallions chopped (white and green parts)
- 8 cups salad, mixed greens

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- Makes: 4 servings
- Serving Size: 1 3/4 cups pasta salad and 2 cups lettuce
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- Sodium: 730 mg
- Carbohydrate: 56 grams
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- Protein: 35 grams
- Diet Exchanges: 4 starches, 3 fats, 3 proteins
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3. The pasta salad will keep for up to 2 days in an airtight container in the refrigerator.
4. To serve, mound 2 cups of lettuce onto each plate or into to-go containers and scoop about 1 3/4 cups of the pasta salad on top.