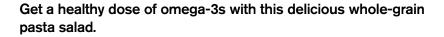
Salmon Pasta Salad



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Ingredients

- 8 oz. salmon fillet, fresh or defrosted
- 6 oz. pasta of your choice (preferably whole-wheat or blended whole-wheat)
- 1 cup asparagus, cooked cut into 2-inch pieces
- 1/4 cup raspberry vinegar
- 1/4 tsp pepper, black

- 1 clove garlic, minced
- 1 cup raspberries
- Lettuce leaves
- 2 scallions
- 2 T olive oil
- 1 T honey mustard
- 2 tsp sugar

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 368

Fat 14g

Sodium 42mg

Carbohydrate 41g

Dietary Fiber 4g

Protein 18q

Directions:

In a small bowl, whisk together raspberry vinegar, olive oil, honey mustard, sugar, garlic and pepper. Rinse fish and pat dry. Brush 1 T of vinaigrette onto fish. Cover and chill the remaining vinaigrette.

Preheat broiler. Spray an unheated rack on a broiler pan with cooking spray. Broil fish 4 inches from heat until fish flakes easily when tested with a fork. Allow 4 to 6 minutes per half-inch thickness. Turn once halfway through.

Meanwhile, cook pasta according to package directions, adding the asparagus for the last 2 minutes. Drain; rinse with cold water. Drain. Return pasta to pan. Add reserved vinaigrette; toss gently to coat. Flake cooked salmon and add to pasta along with berries. Sprinkle with scallions. Toss gently to mix. Serve on lettuce. Find more recipes and tips for healthy living at Source4Women.com

