

Salmon Pasta Salad

Get a healthy dose of omega-3s with this delicious whole-grain pasta salad.



Ingredients

- 8 oz. salmon fillet, fresh or defrosted
- 1 clove garlic, minced
- 1 cup raspberries
- 6 oz. pasta of your choice (preferably whole-wheat or blended whole-wheat)
- Lettuce leaves
- 2 scallions
- 1 cup asparagus, cooked – cut into 2-inch pieces
- 2 T olive oil
- 1 T honey mustard
- 1/4 cup raspberry vinegar
- 2 tsp sugar
- 1/4 tsp pepper, black

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.

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 368

Fat 14g

Sodium 42mg

Carbohydrate 41g

Dietary Fiber 4g

Protein 18g

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