

Salmon Pasta Salad

- Portion size⁴

Ingredients

- 4 cups (1 L) small pasta shells
- 1 cup (250 mL) frozen peas
- 1 can (7.5 oz/213 g) drained sockeye salmon
- 1/2 cup (125 mL) plain low-fat yogurt
- 1/3 cup (75 mL) finely diced red onion
- 1/4 cup (60 mL) light mayonnaise
- 6 radishes, thinly sliced
- 2 tbsp (30 mL) chopped fresh dill, (or 2 tsp/10 mL dried dillweed)
- 1/2 tsp (2 mL) hot pepper sauce
- 1/2 tsp (2 mL) each of salt and pepper
- 12 leaves romaine lettuce

Preparation

In large saucepan of boiling salted water, cook pasta for 7 minutes. Add peas; cook until pasta is tender but firm, about 1 minute. Drain and rinse under cold water; shake out excess water.

Meanwhile, in small bowl, flake salmon with fork, mashing in any bones; remove skin if desired. Set aside.

In large bowl, stir together yogurt, onion, mayonnaise, radishes, dill, salt, pepper and hot pepper sauce.

Tear 4 of the lettuce leaves into bite-size pieces; add to large bowl along with pasta mixture and salmon and toss to combine. To serve, spoon onto remaining lettuce leaves.

Variations

Tuna Pasta Salad: Replace salmon and peas with tuna and frozen cut green beans.

Crab Pasta Salad: Replace salmon and peas with crabmeat and frozen broccoli florets.

Source= Canadian Living