



Salmon Pasta Bake



Adapted from (SNAP4CT)

Ingredients



- 2 Cups whole wheat pasta
- 2 medium green onions, finely chopped
- 1 can (15 oz.) salmon, canned in water, drained
- 1 cup frozen peas, or other frozen
- veggies of your choice
- 1 cup plain yogurt, nonfat or low fat
- 2 tsp dried dill or dried parsley
- 1/4 tsp salt & ground black pepper
- 1/2 cup Parmesan cheese, grated



Directions



Yield: 9 **Serving size:** one 3 inch square **Total cost:** \$6.04 **Serving cost:** \$ 0.67

1. Preheat oven to 400°F
2. Cook the pasta according to package directions. Run under cool water to keep noodles from sticking together
3. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt and black pepper.
4. Transfer pasta mixture to a 9x9 inch square baking dish.
5. Sprinkle parmesan cheese over pasta mixture. Bake 25-30 minutes, until bubbling and golden.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Salmon Pasta Bake



Adapted from (SNAP4CT)

Ingredients



- 2 Cups whole wheat pasta
- 2 medium green onions, finely chopped
- 1 can (15 oz.) salmon, canned in water, drained
- 1 cup frozen peas, or other frozen
- veggies of your choice
- 1 cup plain yogurt, nonfat or low fat
- 2 tsp dried dill or dried parsley
- 1/4 tsp salt & ground black pepper
- 1/2 cup Parmesan cheese, grated



Directions



Yield: 9 **Serving size:** one 3 inch square **Total cost:** \$6.04 **Serving cost:** \$ 0.67

1. Preheat oven to 400°F
2. Cook the pasta according to package directions. Run under cool water to keep noodles from sticking together
3. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt and black pepper.
4. Transfer pasta mixture to a 9x9 inch square baking dish.
5. Sprinkle parmesan cheese over pasta mixture. Bake 25-30 minutes, until bubbling and golden.

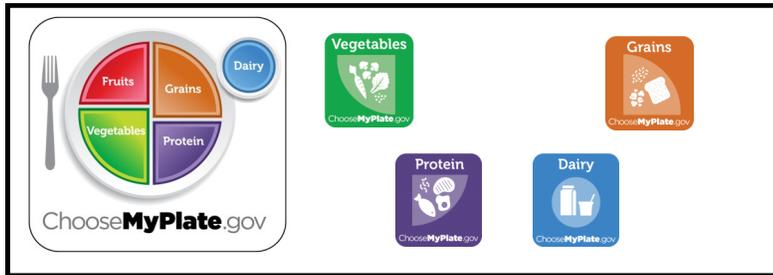
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Nutrition Facts

9 servings per container	
Serving size 1 Three inch square	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.76g	9%
Trans Fat 0.07g	
Polyunsaturated Fat 0.61g	
Monounsaturated Fat 1.12g	
Cholesterol 20mg	7%
Sodium 210mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 9g	18%
Vitamin D 28.38mcg	140%
Calcium 1718mg	130%
Iron 0.1872mg	2%
Potassium 7984mg	170%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips



- Use your favorite spice
- Use a different protein– tuna, chicken, etc.

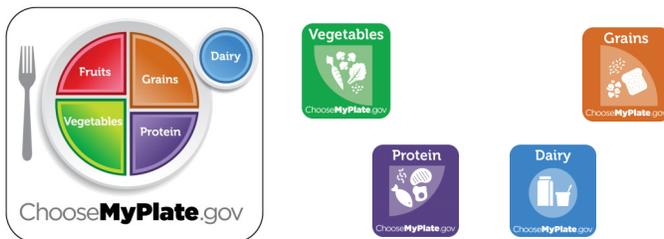
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Nutrition Facts

9 servings per container	
Serving size 1 Three inch square	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.76g	9%
Trans Fat 0.07g	
Polyunsaturated Fat 0.61g	
Monounsaturated Fat 1.12g	
Cholesterol 20mg	7%
Sodium 210mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 9g	18%
Vitamin D 28.38mcg	140%
Calcium 1718mg	130%
Iron 0.1872mg	2%
Potassium 7984mg	170%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Tips



- Use your favorite spice
- Use a different protein– tuna, chicken, etc.
- Fresh veggies work too!

Second Harvest is an equal opportunity provider.