



Wild, Natural & Sustainable®

SIMPLE SALMON PASTA SALAD



yields 2 servings • preparation time: 30 minutes

INGREDIENTS

- 1 1/2 cups cooked elbow or small shells whole-wheat pasta, cooled (about 2 oz. dry)
- 1 (7.5 oz.) can pink Alaska Salmon, drained and chunked
- 1 medium carrot, finely chopped or shredded
- 1 stalk celery, finely chopped
- 1 green onion, chopped
- 1/4 cup regular or low-fat mayonnaise
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. seasoning salt

INSTRUCTIONS

1. Mix pasta, salmon, carrots, celery and onion.
2. In another bowl, blend mayonnaise, lemon juice and seasoning salt.
3. Stir mayonnaise into pasta.

Nutrition Facts

Serving Size 1 cup	
Servings per recipe 2	
Amount Per Serving	
Calories 364	Calories from Fat 134
	% Daily Value
Total Fat 15g	23%
Saturated Fat 2g	12%
Trans Fat 0g	
Omega-3 fatty acids 1.26g	
Cholesterol 99mg	33%
Sodium 995mg	41%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 31g	62%
Vitamin A	108%
Vitamin C	14%
Vitamin D	150%
Calcium	10%
Iron	11%
Potassium	18%
Selenium 42mcg	

A FACT ON CANNED SALMON

Wild Alaska Salmon is rich in B vitamins, calcium, easily digested protein, and omega-3 fatty acids for part of a nutritious diet.