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.

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.