

## THURSDAY: Pasta with Salmon

Looking for a healthy pasta dinner that the whole gang will dig? This dish only looks indulgent: At 7 grams of saturated fat and 40 % of your suggested daily intake of folate, it's a winner. The sauce comes together while the water boils and the pasta cooks – another delicious quickie.

Serves: 4    Prep: 10    Cooking: 20

### Ingredients

1 lb salmon fillet, roasted or poached  
6-8 ozs fettucine pasta  
1 ½ cups frozen peas  
1 ½ cups 1 5 milk, divided  
3 tablespoons all-purpose flour  
3 ozs Neufchaâtel (like cream cheese)  
2 tablespoons chopped fresh dill, divided  
1 tablespoon fresh lemon juice  
1 teaspoon grated lemon zest

### Cooking Instructions

- 1 Break salmon into bite-size pieces. Be sure to remove th skin.
- 2 Cook pasta as directed on package.
- 3 Add peas to the pasta 3 minutes before end of cooking time; drain.
- 4 Meanwhile, whisk ¼ cup milk and flour in a small saucepan until smooth.
- 5 Whisk in remaining 1 ¼ cups milk, remaining ¼ teaspoon salt and remaining 1/8 teaspoon pepper.
- 6 Cook over medium heat, whisking, until as thick as heavy cream, 10 minutes. Remove from heat; add Neufchaâtel cheese and 1 tbsp dill; whisk until cheese melts.
- 7 Toss pasta and peas with sauce and salmon; drizzle with lemon juice.
- 8 Garnish with zest and remaining 1 tablespoon dill.