



Pasta with Salmon and Broccoli

Ingredients:

1. 6 oz. piece of fresh salmon filet
2. 1 box farfalle pasta (or any shape of choice)
3. 1 head of broccoli or 1 cup frozen broccoli
4. 1 TBSP + 1 tsp olive oil
5. ½ tsp salt
6. ½ tsp pepper

Directions:

1. Preheat oven to 400 degrees F
2. Place salmon in oven-safe baking dish; sprinkle with 1 TBSP olive oil, salt and pepper; place in oven and cook for 20-25 minutes (until fully cooked); when done cooking, let salmon cool and slice into small cubes
3. While the salmon is cooking, cook pasta according to package; drain and place aside
4. In a second pot, place broccoli in boiling water and cover to steam for 4-5 minutes or until fork tender.
5. Once all ingredients are finished, mix all together with 1 tsp olive oil
6. Enjoy!

Note: This dish uses fresh salmon, but can be substituted with canned salmon as well. If using canned, skip cooking step

Also- look out for bones, especially for our younger eaters

Cookware needed:

- 1 small pot
- 1 medium size pot
- 1 oven safe cooking dish

Cost: \$ \$

Ease:

Health Benefit: This meal provides you with protein to keep you nice and full, as well as omega-3 fatty acids which are important for general heart and immune health, as well as for healthy brain development during pregnancy and in children! It also contains calcium, which is important for bone growth and maintenance.

This is a great way to get your kids to try salmon!