



SALMON PASTA PRIMAVERA

- 2 cans **Crown Prince Natural Skinless & Boneless Pink Salmon**, drained and flaked
- 1 1/2 cups fresh or frozen broccoli florets
- 1/4 cup chopped red onion
- 1 green bell pepper, chopped
- 2 tablespoons unsalted butter, divided in half
- 5 cloves garlic, minced
- 3 shallots, minced
- 2 1/2 cups heavy cream
- 1 1/2 cups shredded Parmesan cheese
- 16 ounces spinach fettuccine, cooked according to package directions
- salt and black pepper to taste
- crumbled cooked bacon, optional



In a large skillet, sauté broccoli, onion and bell pepper in 1 tablespoon of butter until tender. Set aside. In a large saucepan, sauté garlic and shallots in remaining butter just until tender. Add heavy cream and bring to a slow simmer. Add Parmesan cheese and simmer until slightly thick. Add broccoli mixture and salmon. Add drained pasta and lightly toss to coat. Season with salt and pepper. Sprinkle with bacon if desired. *Serves 8.*

Per Serving: 368 Calories (203 Calories from Fat), 23g Fat, 21g Protein, 19g Carbohydrate, 109mg Cholesterol, 467mg Sodium