



Creamy Salmon Pasta

Tender, flaky salmon, al dente pasta and a creamy garlic sauce with fresh spinach — a simple, restaurant-quality meal at home.



SERVES
4



PREP TIME
10 MIN



COOK TIME
15 MIN



HIGH IN
PROTEIN

Ingredients

1 (3.9 oz) 8 oz	can salmon, drained and flaked pasta (penne, fettuccine or your favorite)
2 tbsp	olive oil
3 cloves	garlic, minced
1 cup	heavy cream (or half-and-half)
2 cups	fresh spinach
½ cup	grated Parmesan cheese
1 tbsp	lemon juice (fresh)
½ tsp	salt
¼ tsp	black pepper
Optional	chopped fresh parsley (for garnish)

Directions

- 1 Cook pasta according to package directions until al dente. Drain and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add garlic and sauté for about 1 minute, until fragrant.
- 3 Stir in heavy cream and Parmesan cheese. Simmer for 2–3 minutes, stirring until the sauce is smooth and slightly thickened.
- 4 Add spinach and cook until wilted.
- 5 Stir in the flaked salmon, lemon juice, salt and pepper. Gently heat through.
- 6 Add the cooked pasta and toss to coat. Serve immediately, garnished with fresh parsley if desired.

