

Main Course

Salmon with Spinach and Pasta

This dish is very easy to make and can be made with fresh or canned salmon. Complement this dish with a salad and a glass of white wine.

You'll Need

- 4 ounces of canned salmon
- 1 ounce of fresh spinach
- 2 ounces broccoli florets
- 8 ounces spaghetti
- 3 teaspoons lemon juice plus wedges to serve with entrée
- 2 ounces butter
- 2 tablespoons freshly grated parmesan cheese
- Salt and pepper



Directions

- Boil water and cook spaghetti. Drain pasta when noodles are cooked to your liking.
- Melt butter in a large pan.
- Add the broccoli, stir to coat with butter, cover with a lid and cook gently for 1 minute.
- Add pepper, salt, and lemon juice. Then add the fish and heat on low.
- Turn off heat and add pasta, spinach, and Parmesan cheese. Toss.
- Adjust seasonings and serve with additional lemon wedges.

Play With Your Food

- Use fresh cooked salmon instead of canned
- Add some fresh parsley
- Use olive oil instead of butter