

Salmon with Peas & Pasta

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Serves 4, 9 FSP per serving

- 1 lb salmon
- 2 cup 1% milk
- 8 oz pasta
- 6 Tbsp shredded parmesan cheese
- 2 cup cooked green peas
- 1 large lemon – will need zest and juice (3 Tbsp juice)
- 1 Tbsp cornstarch

1. Preheat oven to 425. When preheated, bake salmon with a little salt, pepper, zest from 1/2 a lemon for 20 minutes.
2. Cook pasta to your liking.
3. While pasta and salmon are cooking, heat the milk (minus about 2 Tbsp). Add the peas and the salt and pepper to taste and heat everything through.
4. Mix the cornstarch and reserved milk to make a slurry and stir into the sauce until thickened. Add the parmesan cheese and stir. Finally, add the lemon zest from the other half of the lemon and juice and incorporate fully.
5. Add the cooked pasta. Mix everything well. Take the time to give it a taste, and adjust the salt and pepper, and more lemon if desired.

6. Plate the pasta, add cooked salmon on top.