

Whole Wheat Pasta

with Diced Tomatoes and Salmon

2 Tbsp extra-virgin olive oil
1 medium onion, chopped
4 garlic cloves, minced
3 cups diced canned tomatoes (low-sodium) with juices
1 tsp dried oregano
1 tsp dried thyme
2 cans wild salmon, drained and separated into chunks
12 ounces whole wheat penne, rigatoni or fusilli pasta
¾ cup freshly grated Pecorino Romano cheese

Instructions

Heat oil in large skillet over medium heat. Add onion and sauté until tender, about 5 minutes. Add garlic and sauté 1 minute. Add tomatoes and herbs. Reduce heat and simmer until mixture thickens, stirring frequently, about 20 minutes. Season to taste with salt & pepper.

Cook pasta in large pot of boiling salted water until just al dente, stirring occasionally. Add arugula and cook until wilted, about 1 minute.

Drain. Return pasta to pot. Add sauce and salmon and toss to coat. Divide pasta among plates, sprinkle with cheese and serve.



Salmon is one of the richest, tastiest, readily available sources of marine-derived omega-3 fatty acids! Include it in your diet 2-4 times per week to protect yourself from a multitude of diseases.

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