



RECIPE OF THE WEEK

This healthy canned salmon pasta recipe is made with spinach, green beans or broccoli, and lemon. It's such a quick and easy dinner option! Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go groceries, this delicious and nutritious meal is full of protein, healthy fats, and lots of fiber-rich veggies.



SALMON PASTA WITH SPINACH & LEMON

Nutritional Facts:

Salmon is a rich source of protein, essential Omega 3 fatty acids, niacin, vitamin B12, phosphorus, and selenium. While green beans, spinach and garlic together are high in folate, fiber, protein, potassium, carotenoids, vitamins A, C, and K, iron, folate, and calcium. All this helps digestive, heart and bone health; blood pressure, and cholesterol levels, reduces inflammation; boosts immune function. and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

Ingredients (Serves 2 plus):


Approx. 100 grams pasta of choice (<i>2 cups cooked</i>) 1/4 cup olive oil, divided 4 large cloves garlic, minced 2 cups green beans or broccoli, chopped 2 cups baby spinach leaves	2 cans salmon, drained (8 oz. total) 1 med-large lemon (juice + zest) 1/2 cup parmesan (freshly grated, if possible) 1/4 cup fresh basil, chopped
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Instructions:


1. Cook pasta according to package directions. Reserve 1/2 a cup of pasta water. Drain pasta and set aside.
2. Heat half of the olive oil on a large pan over medium heat. Sauté garlic for 1-2 minutes, until lightly browned.
3. Add green beans or broccoli to the pan and cook for 8-10 minutes, until tender. Stir occasionally.
4. Add spinach and canned salmon to the pan. Stir and cook until spinach wilts (about 2 minutes).
5. Then, stir in drained pasta, lemon juice, lemon zest, parmesan, remaining olive oil, and reserved pasta water. Season with salt and pepper. Cook together for about 2-3 minutes, stirring until heated through.
6. Serve pasta and top with chopped basil.

Eat & Enjoy!

Recipe adapted from: www.walderwellness.com

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