

## Salmon, Peas and Pasta Salad

Makes 4 servings



### Ingredients

- 1 cup of yogurt - nofat
- ¼ of mayonnaise
- ½ tsp of white pepper
- 1 tbsp of dijon mustard
- 1 tbsp of capers - drained
- 1 tbsp of dill
- 1 cup of pasta shells, small
- 1½ cup of green peas, fresh or frozen
- 4 eggs- optional garnish
- 15 oz of salmon
- 2 celery inner stalks
- ¼ cup of red onion - chopped
- 8 leaves of butter lettuce

### Directions

- ☞ Whisk together the yogurt, mayonnaise, mustard and pepper in a salad bowl. Stir in the capers and dill.
- ☞ Cook and drain the pasta; rinse until cool. Stir into the dressing.
- ☞ Cook the peas in water to cover in a small saucepan until crisp-tender, about 3 minutes
- ☞ Drain, cool and stir into the pasta mixture.
- ☞ Boil eggs & cool. Peel off shells & slice. Refrigerate until ready to use for garnish.
- ☞ Drain the salmon and break it into small chunks.
- ☞ Stir the salmon, celery and red onion into the salad, cover, and chill until ready to serve.
- ☞ Arrange butter lettuce on 4 plates and divide the pasta salad among them.
- ☞ If desired, garnish with slices of hard-cooked egg.

### Nutrients (approximately)

438 Calories per serving,  
Fat 22g, Saturated Fat 4.3g, Cholesterol 254mg, Sodium 886mg,  
Carbohydrates 25.8g, Fiber 4g, Sugars 7.8g, Protein 33.5g

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