



# Salmon Pasta Bake

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**SERVES: 9    PREP TIME: 15 min.    COOK TIME: 25 min.**

## Ingredients:

2 cups whole wheat penne pasta  
2 medium green onions  
1 (14½-ounce) can pink salmon in water  
1 cup frozen peas  
1 cup nonfat or low-fat plain yogurt  
2 teaspoons dried dill or dried parsley  
¼ teaspoon salt  
¼ teaspoon ground black pepper  
½ cup Parmesan cheese, grated



## Directions:

1. Preheat oven to 400°F.
2. Boil the pasta according to package directions. Drain in a colander. Run under water until cool to the touch, to keep noodles from sticking together.
3. Rinse and finely chop green onions.
4. Drain canned salmon. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper.
5. Transfer pasta mixture to a 9-inch square baking dish.
6. Sprinkle Parmesan cheese over pasta mixture. Bake 25-30 minutes, until bubbling and golden.