

# salmon pasta salad

Serves: 4

Prep and Cook time: 25 min

Per serving: 671 calories, 37 g fat, 331 mg sodium

Salt for cooking the pasta

1/2 seedless cucumber (about 8 oz)

1/2 lemon

8 oz short pasta, such as medium-size shells

Two 6-oz canned pink salmon

1 tsp snipped fresh dill, or 1/2 tsp dried dill

2 cups seedless red or green grapes

1 cup bottled ranch or Green Goddess salad dressing

1. Bring 2 ½ quarts lightly salted water to a boil in a covered 4 ½ quart pot. When the water reaches a rapid boil, add the pasta and cook, uncovered, until just firm-tender, following the package directions.

2. Meanwhile, cut the grapes in half and place them in a large serving bowl. Thinly slice the cucumber and add it to the bowl. Add the salmon, flaking it with a fork. Set aside.

3. Pour the salad dressing into a small bowl or 2-cup glass measure. Squeeze the lemon juice through a strainer into the dressing. Add the dill and whisk until well blended.

4. When the pasta is done, drain it in a colander and throw in 2 handfuls of ice cubes. Rinse the pasta under cold running water until it reaches cool room temperature. Drain well.

5. Add the cooled pasta and the salad dressing to the serving bowl, toss to mix well and to coat the pasta with the dressing, and serve.

