

## Pasta Perfect Summer Salad

(Family Features) When it's hot and you're hungry, there are few meals more satisfying than a chilled pasta salad. This contemporary combo of salmon and pasta, with accents of refreshing mint and a lightly lemon vinaigrette, comes together in a breeze.



Salmon Pasta Salad with Mint and Lemon Vinaigrette abounds with color, flavor and nutrition. Fresh farmers market fare – cucumbers, cherry tomatoes and mint – pairs perfectly with your favorite salmon preparation – grilled or broiled, smoked or canned. And it's easy, too. Just whisk up the dressing, toss and serve.

This simple, delicious salad also has several health benefits good for everyone, including those counting carbs, watching blood sugar or simply trying to eat healthy.

- Protein-rich salmon provides omega-3 fatty acids which may promote heart health.
- Each two-cup portion of pasta salad contains a full serving of vegetables.
- Using Dreamfields Pasta delivers twice the fiber (5 grams), fewer digestible carbohydrates and a lower glycemic index than regular pasta. These health benefits, along with having all the taste and texture of traditional pasta, make it an ideal choice for the 75 million Americans with diabetes or pre-diabetes.

For more recipes and information about healthy eating, visit [www.DreamfieldsFoods.com](http://www.DreamfieldsFoods.com).

### Salmon Pasta Salad With Mint and Lemon Vinaigrette

Preparation Time: 30 minutes

Chill Time: up to 24 hours

Makes 4 (2 cup) servings

- 8 ounces (about 3 cups) uncooked Dreamfields Rotini
- 12 ounces coarsely chopped cooked salmon (see note)
- 1 cup chopped seeded cucumber
- 1/4 cup chopped red onion
- 3 to 4 tablespoons snipped fresh mint
- 3 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 2 teaspoons honey
- 1 teaspoon lemon zest (optional)
- 1/4 teaspoon salt
- 1/8 teaspoon coarse grind black pepper
- 1 cup halved cherry tomatoes
- Leaf lettuce (optional)
- Lemon wedges (optional)

1. Cook pasta according to package directions; drain. Rinse with cold water; drain again. In medium bowl combine drained pasta, salmon, cucumber, onion and mint.
2. For vinaigrette, in small bowl combine lemon juice, oil, honey, zest, if desired, salt and pepper; whisk to blend. Pour over pasta mixture; toss gently to coat. Add tomatoes; toss gently. Serve immediately or cover and refrigerate up to 24 hours. Serve on top of lettuce with fresh lemon, if desired.

Note: Cooked smoked salmon or smoked turkey breast may be substituted for cooked salmon.

Nutrition information per serving (1/4 of recipe): 397 calories; 29 g protein; 50 g total carbohydrates; 18 g digestible carbohydrates;\* 11 g fat; 2 g saturated fat; 54 mg cholesterol; 210 mg sodium; 6 g total dietary fiber.

\*When using Dreamfields Pasta in this recipe, the digestible carbohydrates are 18 g per serving.

Courtesy of Family Features