

Salmon Alfredo with Vegetables (serves 4 to 6)

INGREDIENTS*

- 4 frozen **salmon fillets**
- 2 teaspoons lemon juice, optional
- Salt and pepper
- 2 Tablespoons **vegetable oil**
- 8 oz. **whole grain rotini**
- 3 - 4 cups **cauliflower** (~ ½ of a head of cauliflower), trimmed, washed and cut into flowerets
- 1 Tablespoon **butter**
- 2 garlic cloves, minced OR ¼ teaspoon garlic powder
- 1 Tablespoon **all-purpose flour**
- 1 ½ cup **1% low-fat milk**
- 1 ¼ cup Parmesan cheese, grated and divided 1 cup + ¼ cup (or part **American cheese**)
- 2 Tablespoons 1/3-less-fat cream cheese (Neufchatel)
- ¼ teaspoon salt
- 1 cup **frozen peas**, thawed
- 1 - 2 Tablespoons fresh flat-leaf parsley, chopped OR 1 - 2 teaspoons dried parsley

Source: LTBB Odawak FDIPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDIPIR program in your community.

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INSTRUCTIONS

1. Wash your hands before preparing food.
2. Rinse salmon in cool water to remove ice glaze and pat dry with paper towel. Drizzle teaspoon lemon juice over top of each fillet. Sprinkle each fillet with salt and pepper. Drizzle vegetable oil in skillet, heat to medium high and place fillets in with skin side up. Wash your hands again. Cook fillet for 4 minutes and flip with a turner; cook an additional 4 minutes. Fish is done when the flesh is opaque and flakes easily.
3. Cook pasta according to package directions to al dente, do not overcook. Add cauliflower pieces for last 3-4 minutes of cooking. Drain.
4. While salmon and pasta/cauliflower cook, melt butter in a saucepan over medium heat. Add garlic and cook for 1 minute, stirring. Reduce heat, sprinkle in flour, coat with melted butter.
5. Gradually add milk, stirring with a whisk. Cook over low to medium heat until mixture thickens, stirring constantly (about 5 minutes). Add 1 cup cheese, cream cheese and salt, until melted.
6. Toss sauce with pasta and cauliflower and add peas. Sprinkle with remaining 1/4 cup cheese and chopped parsley. Garnish with black pepper, if desired. Place salmon fillet on top, serve.

NOTES AND IDEAS:

- Salmon can be flaked or broken into large pieces and mixed together with pasta and sauce.
- Cajun spices are delicious on the salmon in place of the salt and pepper.
- Any type of fish, or chicken, may be used instead of the salmon.
- Many different combinations of vegetables may be used in this dish.

