

Zucchini Bread Recipes

Canned Salmon Pasta – Quick & Healthy Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz spaghetti or linguine
- [ ] 1 (12 oz) can salmon, drained and flaked
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] Zest of 1 lemon
- [ ] 2 tbsp lemon juice
- [ ] 1/4 cup fresh parsley, chopped
- [ ] Salt and pepper to taste
- [ ] Pinch of red-pepper flakes (optional)

For the Sauce

- [ ] 1/4 cup grated Parmesan cheese (optional)
- [ ] Extra pasta water as needed

Instructions

1. Bring a large pot of salted water to a boil; add the pasta and cook until al dente, about 9 minutes.



2. While the pasta cooks, drain the salmon and set aside; zest the lemon and then juice it.



3. In a large skillet, heat olive oil over medium heat. Add the minced garlic and sauté for 30 seconds until fragrant, being careful not to brown.



4. Stir in the lemon zest, lemon juice, and a splash of pasta water; let the mixture bubble gently for a minute.



5 Add the flaked salmon, tossing just enough to coat; season with salt, pepper, and red-pepper flakes if using.



6 Reserve a cup of pasta water, then drain the noodles. Toss the pasta into the skillet, adding pasta water a little at a time until the sauce clings. Finish with chopped parsley and, if desired, a sprinkle of Parmesan.



Nutrition per serving

420 kcal	28 g	50 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the salmon dry with paper towels to avoid soggy sauce.
- Reserve pasta water early; it helps the sauce emulsify.
- Taste and adjust seasoning after adding the lemon juice.