

Zucchini Bread Recipes

Creamy Salmon Pasta with Mixed Greens

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-wheat pasta
- [ ] 2 salmon fillets (about 1 lb total), cut into 1-inch cubes
- [ ] 3 cups mixed greens (baby spinach, arugula, watercress)
- [ ] 1 cup heavy cream
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 tbsp olive oil
- [ ] 1 lemon (zest and juice)
- [ ] 2 cloves garlic, minced
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add pasta and cook until al dente; reserve 1/2 cup cooking water, then drain.
2. While pasta cooks, heat olive oil in a large skillet over medium-high heat. Add salmon cubes, season with salt and pepper, and sear until lightly golden, about 2-3 minutes per side; remove and set aside.
3. In the same skillet, reduce heat to medium, add minced garlic and sauté until fragrant, then stir in lemon zest and juice.
4. Pour in heavy cream, bring to a gentle simmer, and whisk in grated Parmesan until the sauce thickens slightly; if needed, add reserved pasta water to loosen.
5. Return salmon to the pan, toss gently, then add the cooked pasta and mixed greens; stir until greens wilt and everything is coated.
6. Season with additional salt, pepper, and a drizzle of olive oil; serve immediately, perhaps alongside a fresh cucumber salad.

Nutrition per serving

480 kcal	30 g	45 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a wide skillet to ensure even coating of the sauce.
- If the sauce thickens too much, add a splash more pasta water.
- A pinch of nutmeg can add warmth without overpowering the dish.