

PREPARATION: **10** MINUTES

COOKING: **10** MINUTES

4 SERVINGS

CREAMY SALMON PENNE



INGREDIENTS

2 cups dry penne pasta

1 cup frozen peas

1 cup ricotta cheese

2 tablespoons lemon juice

1/2 cup water (from cooking pasta)

1 tablespoon lemon zest

1/4 teaspoon ground black pepper

170g canned boneless-skinless sockeye salmon (or leftover cooked salmon)

1/2 cup basil leaves, thinly sliced

Nutrient Analysis

PER SERVING:

1/4 of recipe

RENAL EXCHANGE:

3 Protein + 2 Starch

Calories	371Kcal
Protein	24g
Carbohydrates	41g
Fibre	3g
Total Fat	13g
Saturated Fat	6g
Cholesterol	48mg
Sodium	338mg
Potassium	388mg
Phosphorus	322mg

PREPARATION

- 1** In a large saucepan, bring water to a boil and cook the pasta according to the directions on the package.
- 2** Shortly before the pasta is ready, add the peas to the boiling water and blanch them for 1 minute. Reserve 1/2 cup of the water before draining. Drain and set aside.
- 3** In another pan, over medium heat, mix the ricotta, lemon juice and pasta water. Then add the lemon zest, ground pepper, and salmon.
- 4** Add the pasta and peas to the lemony salmon ricotta sauce and toss to combine.
- 5** Turn off the heat, sprinkle the fresh basil leaves on top and serve immediately.