

Dilly Salmon Pasta



1. In a pot of boiling water, add:

linguini noodles

1 pound (454 g)

Cook for about 10 minutes or until tender but firm. Drain and set aside.

2. In a pan, heat:

cream of mushroom soup

1 can (284 ml)

milk

$\frac{1}{2}$ cup

Stir until smooth.

3. Add:

salmon, drained

1 can (170 ml)

(break into pieces with a fork)

peas and carrots, drained

2 cans (284 ml)

dill, dried

2 tablespoons

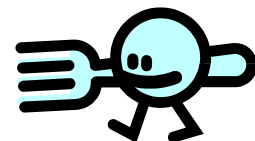
garlic powder

2 teaspoons

Heat for 10-15 minutes.

4. When hot, toss with cooked linguini noodles until heated through.

Tip: Did you know that salmon bones are high in calcium? Use a fork to mash the bones in the salmon for a boost of calcium.



Serves 4