

Salmon Fettuccine

1 can (7 1/2 oz.) Alaska salmon
2 Tbs butter
1/4 cup flour
2 1/2 cups hot low-fat milk
2 Tbs sherry
2 Tbs sliced green onions
3/4 tsp Dijon mustard
3/4 tsp dill weed
Black pepper, to taste
8 oz. fettuccine noodles
1 Tbs chopped parsley

Drain and flake salmon. Set aside. Melt butter in a medium saucepan over medium heat; Remove from heat and whisk in flour. Cook, stirring constantly, for 2-3 minutes. Whisk in milk and sherry; cook, stirring frequently, for 15 minutes. Stir in flaked salmon and remaining ingredients except fettuccine and parsley; cook 2-3 more minutes, until heated through. Meanwhile, cook pasta according to package directions; drain and place on serving platter. Spoon sauce over pasta and sprinkle with parsley to serve. Makes 4 appetizer servings or 2 main dish servings.

Nutrients Per Serving (calculated for main dish serving):
Calories: 877; Protein: 48.4 g; Carbohydrates: 113 g; Fat-
Total: 23.1g; Cholesterol: 86 mg; Sodium: 952 mg; Dietary
Fiber: 8.48 g

Salsa Suprema

A fresh salsa recipe with or without chopped cilantro.

- 1 large tomato, chopped
- 1 medium onion, chopped
- 2 fresh green chile peppers, chopped or 1 (4 oz) can green chile peppers, chopped
- 1/2 teaspoon garlic salt or garlic powder
- salt to taste
- fresh chopped cilantro, to taste, optional

Combine all ingredients and chill salsa, covered, in refrigerator at least one hour. Enough salsa to serve about 12 to 16 people. Serve with baked tortilla chips, either purchased or made by cutting corn tortillas into wedges and baking at 375 degrees for 10-15 minutes.

Grilled Honey-Balsamic Salmon

3 T. honey
3 T. Dijon mustard
2 T. balsamic vinegar
¼ tsp. coarsely ground pepper

1 tsp. garlic, minced

4 salmon steaks or fillets (about 4 ounces each and 1 inch thick)

Combine first five ingredients and brush over fish. Coat grill rack with cooking spray. Grill fish over medium heat covered for 3-5 minutes on each side.

This salmon would be delicious served with a brown rice and wild rice pilaf and grilled vegetables-whatever type you like!(Try bell peppers, mushrooms, onions, tomatoes, zucchini and summer squash, even asparagus!) Cut vegetables to consistent thickness (no more than 1 inch thick) and soak in cold water for about 30 minutes prior to grilling to prevent drying out. Pat dry and brush lightly with olive oil to prevent sticking. Most vegetables take 2-3 minutes per side. The natural sugars in the vegetables caramelize as they cook and this makes for wonderful flavor-try it!!