

Smoked Salmon Pasta

The ancient salty and savory flavor of smoked salmon gets paired with snow peas in a terrific pasta. The dish gets extra umami from browned mushrooms and the whole dish is gift wrapped in a basil pesto "cream sauce." Make a side salad of your choice to finish the meal.

Preparation time: 40 minutes - Serves: 3

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients on small plates or in bowls as you get started. Prep a total of 3 cloves of garlic tonight: 2 whole, peeled cloves for the Basil Pesto and 1 chopped clove for the White Sauce. There is also a total of 3/4 C. chopped onion in the recipe: 1/4 C. for the White Sauce and 1/2 C. for the Smoked Salmon Pasta.

Basil Pesto

1/2 C. pine nuts (toasted)
3 C. or 1 bunch basil leaves (washed)
2 whole garlic cloves (peeled)
1/3 C. olive oil
1/4 C. shredded Parmesan cheese

White Sauce with Pesto

1 tsp. olive oil
1 large clove garlic (smashed and chopped)
1/4 C. yellow onion (finely-chopped)
1/2 C. white wine
1 C. low-sodium veggie broth
2 T. cornstarch
dissolved in
1/3 C. water
3 T. basil pesto (made at beginning of recipe)
1/3 C. pasta cooking water
1/2 C. plain, nonfat yogurt (stirred smooth)

Smoked Salmon Pasta

Smoked Salmon Pasta:

1 tsp. olive oil
8 cremini mushrooms (washed and sliced)
1 tsp. olive oil
1/2 C. yellow onion (chopped)
6 oz. (about 30) snow peas (washed & strung)
1/2 C. red bell pepper (chopped)
3 handfuls dry penne pasta of choice
1/2 C. plain, nonfat yogurt (stirred smooth)
6 oz. smoked salmon (broken into pieces)

fixings for individual green salads

Salad/Garnish

Fixings for a green salad

Garnish

3 T. shredded Parmesan cheese
2 Roma tomatoes (chopped)

*But First -
Put Pasta Water on to Boil!*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once you've organized and prepped items, make the pesto first.

Basil Pesto

1. Place all prepped pesto ingredients in food processor and grind until fine.
2. Measure 3 T. for tonight's meal.
3. Put remaining pesto in a container and fit with a tight fitting lid. Cover pesto with a light layer of olive oil. Store in fridge. It will keep for a couple of weeks.

White Sauce with Pesto

1. Lightly brown garlic and onion in oil in a medium sauté pan
2. Add wine and broth to pan. Bring to a boil and thicken with cornstarch mixture. Cook 5-minutes over low heat. Stir in 3 T. basil pesto. After noodles are cooked, add 1/3 C. reserved pasta cooking water.
3. Add stirred yogurt just before serving.

Salad

Make green salads on individual side plates. Serve with dressing of choice.

Cook Vegetables:

Smoked Salmon Pasta

1. Brown mushrooms in oil in large sauté pan. Remove mushrooms from pan. Set aside.
2. Using same pan, add additional olive oil and toss onions, snow peas and peppers. Toss for 2 minutes. Return browned mushrooms to the pan and remove from heat.

Cook Pasta:

1. Drop pasta into boiling water and set timer for 8-minutes.
2. When pasta is cooked, reserve 1/3 C. cooking water for white sauce. Drain and rinse pasta.

Assemble and Plate:

1. Add reserved pasta cooking water to pesto/white sauce (above). Reheat sauce to boiling and add stirred yogurt. Remove sauce from heat.
2. Return vegetables to the burner. Stir in cooked pasta and reheat. When mixture starts to sizzle, pour 2 C. white sauce with pesto over vegetables. Break smoked salmon over the mixture and gently fold ingredients together. Serve immediately.

Serve 2 C. pasta per serving garnished with shredded Parmesan and chopped tomato. Serve salads on the side.

What I've Learned from this Recipe

When using yogurt to create cream sauces, always add the yogurt at the end of the cooking process. The yogurt will curdle if boiled after being added to the sauce.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com