

# Smoked Salmon Pasta Salad

Cold pasta salad will keep both you and the kitchen cool tonight. Multi-textures and rich flavors of smoked salmon, fresh sugar snap peas, sweet onions, shredded cabbage, cucumbers and new cherry tomatoes make up the ingredients. They'll all be wrapped in a creamy, yogurt-based dressing made with ginger, lime and fresh cilantro.

A simple, lightly-dressed, arugula salad accompanies the pasta to complete a perfect warm weather meal. Make the pasta salad early in the day and tuck it away in the fridge.

**Preparation time: 40 minutes - Serves : 4**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients so they are easy to add when called for in the recipe. The salad will be simple to assemble when everything is prepped and organized.

### Dressing for Smoked Salmon Pasta Salad

- 3 T. lowfat mayonnaise or Veganaise
- 1 T. lime juice
- 1 clove garlic
- 1/3 C. quark or thick plain, nonfat yogurt
- 1 tsp. low-sodium soy sauce
- 1 tsp. sesame oil
- 1/2 tsp. Hot Asian Pepper Sauce
- 1/4 tsp. fresh grated ginger
- 2 T. rice wine vinegar
- 1/3 C. fresh cilantro leaves

### Dressed Arugula Salad

- 4 C. arugula leaves (washed and dried)
- 2 tsp. olive oil
- 1 tsp. honey
- 2 tsp. balsamic vinegar
- 2 tsp. low-sodium vegetable broth

### Smoked Salmon Pasta Salad

- 2 C. fresh sugar snap peas (strung)
- 1-1/2 C. dry whole-wheat penne pasta
- 1 C. Napa cabbage (thinly sliced)
- 1 C. red bell pepper (cut into thin slices)
- 1-1/2 C. cucumber (peeled and chopped)
- 2/3 C. sweet onion (chopped)
- 1 large carrot (shredded)
- 18 cherry tomatoes (quartered)
- One 6 oz. piece smoked salmon (break into bite-size pieces)

### Finish:

- 1 new apple (cored and thin sliced)

First Thing -  
Put Pasta Water on to Boil

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

The pasta salad is best when assembled ahead of time and allowed to chill.

On the other hand, the Arugula Salad is best when assembled just before calling diners to the table.

### Dressing for Smoked Salmon Pasta Salad

Whisk all dressing ingredients together in a medium sized bowl and set aside.

### Smoked Salmon Pasta Salad

1. Once pasta water boils, drop prepped snap peas into the boiling water. Allow to boil 1 minute and remove from water with a perforated spoon. Drop into a bowl of cold water. Drain and cut into bite-sized pieces before adding to the salad.
2. Cook pasta in same water used to blanch the peas. Boil 8-10 minutes or until pasta is tender. Drain and rinse.
3. Transfer drained snap peas to a large mixing bowl.
4. Add sliced cabbage, peppers, cucumber, sweet onion, carrot and cooked pasta. Toss well.
5. Pour dressing (above) over the ingredients.
6. Add tomatoes and salmon pieces and gently fold into salad until all ingredients are well coated with dressing. Cover and chill 1-2 hours.

### Dressed Arugula Salad:

### **Dressed Arugula Salad/Plate**

Place prepped arugula in a medium-sized bowl.  
Stir together oil, honey, balsamic vinegar and broth until honey dissolves.  
Toss with arugula. Set aside.

### Plate:

Ladle 2 C. pasta Salad onto dinner plates.  
Divide arugula salad between diners filling the remaining space on each plate.  
Serve sliced apples on the side as a finish.

### What I've Learned from this Recipe

Why blanch the peas in the salad? Blanching the fresh peas for 1 minute and transferring them to cold water will bring out the vivid green color of the peas while still keeping a nice pop to the peas when they're eaten. The peas add an appetizing appearance to the finished salad.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)