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**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Salmon Pasta Bowl

Recipe adapted from University of Minnesota Extension

Ingredients:

12 ounces salmon
2 tablespoons vegetable oil
2 cups dry pasta (elbow macaroni, bow-ties, penne, etc.)
1 cup frozen brussels sprouts or another vegetable
4 tablespoons mayonnaise or plain yogurt
2 tablespoons prepared yellow or brown mustard
2 teaspoons lemon juice
salt and pepper to taste
Optional: 2 broccoli crowns, 1 head of kale

Directions:

Time needed: 15 minutes preparation
20 minutes cooking time

1. Warm a large nonstick skillet with oil over medium-low heat. Place the salmon, skin-side up in the pan. Cook until golden brown on 1 side, about 4 minutes. Turn the fish over with a spatula, and cook about 3 minutes more.
2. Cook the pasta according to package directions, drain and cool.
3. In a large bowl, whisk together the mayonnaise or yogurt, and lemon juice. Season to taste.
4. Add salmon, vegetables, and cooked pasta
5. Serve at room temperature or cool in refrigerator.

SERVES

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