

Salmon Alfredo

INGREDIENTS

- 3 cups wide noodles
- 3 cups broccoli florets
- 1 ½ cups fat free milk
- 3 tablespoons all-purpose flour
- 1 tablespoon dried chives
- 2 cloves garlic, minced
- 1 (14.75 ounce) can salmon, drained, skin and bones removed, and broken into chunks
- ½ teaspoon finely shredded lemon peel
- 2 tablespoons coarsely grated Parmesan cheese
- 1 teaspoon Freshly ground black pepper

SERVINGS: 6
TIME: 30 MINS



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PROCEDURE

1. Cook noodles according to package directions, adding broccoli for the last 3 minutes of cooking; drain and keep warm.
2. Meanwhile, in a medium saucepan whisk together milk and flour; add chives and garlic. Cook and stir over medium heat until thickened and bubbly. Add salmon and lemon peel. Heat through.
3. Place noodle mixture on a serving platter; spoon salmon mixture on top. Sprinkle with Parmesan cheese, and, if desired, freshly ground black pepper.



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