



Salmon Pasta Salad

With ramp dressing

Salmon is a nutrient-packed food!

- as much protein as red meat
- rich source of essential omega-3 fatty acids for heart and brain health
- rich in B vitamins, and other vitamins and minerals

Ingredients:

- 1# cooked pasta, rinsed with cold water
- 3 cups cooked salmon cut into bite size pieces (from 1# raw), refrigerated

Dressing:

- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/3 cup fresh parsley
- 10 ramps, (white + green parts) cut into 1-inch pieces, cleaned with roots removed
- 1 Tablespoon red wine vinegar, white wine vinegar, or lemon juice
- 1/2 cup neutral-tasting oil, such as vegetable oil or light olive oil
- Salt and pepper to taste

Directions:

- Prepare pasta and salmon in advance, cool and refrigerate until needed.
- Mix the dried oregano and dried thyme with a couple Tablespoons of warm water to rehydrate.
- Place all dressing ingredients, including the dried herb mixture, into a food processor and pulse until desired consistency for a salad dressing. If too thick, add a bit of extra oil. Combine pasta, salmon, and dressing in a large bowl and gently combine. Refrigerate several hours and serve cold.
- The ramp sauce can also be frozen and used over other meats and seafood, roasted vegetables, or in rice, sandwiches or soups!

NOTES

To poach salmon for this recipe, place 1 pound of salmon in a pot, add cold water and 1 tsp. salt, cover, and bring to a boil. As soon as it comes to a boil, turn off the heat and leave it in the covered pot for 10 minutes. Remove from water and cool.

To bake salmon for this recipe, bake at 375 degrees for 14-20 minutes, until the salmon is pink and opaque all the way through. It should be 145 degrees with a meat thermometer and will flake apart easily when tested with a fork. Salmon can be baked from frozen but will need 50% more time.