

PASTA WITH SALMON CREAM SAUCE

Source: BETTER HOMES & GARDENS Great Cooking For 2

Cook/Prep Time: 20 minutes

INGREDIENTS:

6 oz fresh or frozen skinless, boneless salmon filets (or other fish filets)
6 oz fresh refrigerated (OR 4 oz packaged) spinach linguine or other pasta
1 C Half-&-Half OR light cream
1 TBS cornstarch
Dash ground nutmeg
Dash pepper
1/2 C shredded Gruyère OR Swiss cheese

DIRECTIONS:

Thaw fish, if frozen - cut into 1" pieces - set aside. Cook pasta according to package directions - drain immediately.

For the sauce: meantime, in medium saucepan, stir together Half-&-half, cornstarch, nutmeg & pepper - cook/stir over medium heat till thickened & bubbly. Add cheese to sauce - cook/stir till melted - carefully stir in the fish - return just to boiling - reduce heat - cover/simmer gently 3-5 minutes or just till fish begins to flake easily - serve immediately over hot cooked pasta.

Serves: 2

[per serving: calories: 479; protein: 32g; carbohydrates: 23g; total fat: 29g; saturated fat: 15g; cholesterol: 122mg; sodium: 189mg; potassium: 631mg]