

Salmon Spinach Pasta

Ingredients

- 1 15 ounce can of red salmon
- 1 13 ounce box of whole wheat penne
- 1 tablespoon extra virgin olive oil
- 1 can chopped spinach
- 1 small onion, chopped
- 1 teaspoon garlic powder
- ½ teaspoon black pepper



Directions

1. Sauté the chopped onion in the olive oil until golden, about 5 minutes.
2. Add the spinach and salmon.
3. Add the garlic powder and black pepper and stir until heated through.
4. Cook the pasta according to package directions.
5. Drain the pasta and combine it with the spinach and salmon

Serves 6 to 8