



## Lemon-Parmesan Salmon Pasta

4 servings

Prep Time: 15 minutes Cook Time: 15 minutes

1 -lb. boneless, skinless salmon fillet, cut into 1 inch pieces

1 tsp. grated lemon peel

1 Tbsp. I Can't Believe It's Not Butter!® Spread

1/2 cup diced red bell pepper

1 1/2 cups water

1/2 cup milk

1 package Knorr® Pasta Sides™ - Parmesan

1 box (7.5 oz.) frozen asparagus spears, thawed and cut into 1 inch pieces

1 Tbsp. lemon juice

Season salmon with lemon peel and, if desired, salt lightly. Melt Spread in large nonstick skillet over medium heat and cook salmon, stirring occasionally, 1 minute. Stir in red pepper and cook, stirring occasionally, until pepper begins to soften, about 1 minute.

Stir in water, milk and Knorr® Pasta Sides™ - Parmesan. Bring to a boil. Reduce heat to low and simmer, stirring occasionally, 7 minutes or until Pasta is tender and salmon flakes with a fork. Remove from heat and stir in asparagus and lemon juice. Let stand until asparagus is warm, about 2 minutes.

### **Nutritional Information 1 serving :**

Calories 330 , Calories from Fat 110 , Total Fat 13 g, Saturated Fat 3.5 g, Trans Fat 0 g, Cholesterol 70 mg, Sodium 370 mg, Total Carbs 22 g, Dietary Fiber 3 g, Sugars 3 g, Protein 29 g, Vitamin A 30 % , Vitamin C 70 % , Calcium 10 % , Iron 10 %