



# FLOUR CITY PASTA

## SPINACH LEMON HERB FETTUCCHINE WITH SALMON

### Ingredients:

1 lb. spinach lemon herb fettuccine cooked al dente  
 1 lb cooked fresh or canned salmon, chopped  
 1-1/2 cups milk  
 1 small onion, diced  
 1-1/2 cups mushrooms sliced  
 3 Tbs. butter  
 2 Tbs. fresh parsley, chopped  
 1/4 tsp. dried dill weed  
 1/4 cup flour  
 1/4 cup dry white wine  
 1/4 cup parmesan cheese, grated  
 Salt and pepper to taste

### Directions:

1. In large sauté pan, melt butter over medium heat.
2. Add onion and mushrooms and sauté until onion is tender.
3. Reduce heat to low, and stir in flour.
4. Remove from heat. Stir into the cooked vegetables, milk and salmon and wine.
5. Return to medium heat and bring just to a boil, stirring frequently.
6. Add the parmesan, parsley and dill still stirring.
7. Season with salt and pepper to taste and serve hot.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	<b>Total Fat</b> 2.5g	<b>4%</b>	<b>Total Carb.</b> 79g
Serv. Per Cont. 3	Sat. Fat 0.5g	<b>3%</b>	Fiber 5g	<b>18%</b>
<b>Calories</b> 380	<i>Trans Fat</i> 0g		Sugars 1g	
Fat Cal. 25	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 15g	
	<b>Sodium</b> 0mg	<b>0%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 2%	• Vitamin C 10%	• Calcium 4%	• Iron 20%

INGREDIENTS: Organic Wheat, Durum, Organic Spinach Powder, Organic Lemon Powder, Organic Lemon Oil, Organic Thyme Powder, Organic Tarragon Powder

CONTAINS: Wheat

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