

**#BT91027**  
**Canned Salmon**

**#50450**  
**Lentil Pasta**  
**Rotini**

**#96940**  
**Canned Chicken**

**#97896**  
**Frozen Peas**

**Salmon or Chicken**  
**Pasta Salad**



Source: [tasteofhome.com](http://tasteofhome.com)

**Ingredients:**

- 1 box lentil, rotini, cooked and drained
- 1 can pink salmon or chicken, drained
- 1 cup quartered cherry tomatoes
- 1 cucumber, quartered and sliced
- 1 small red onion, sliced
- ½ cup Italian Dressing (to taste)
- 1 head lettuce, torn

Additional ingredients:

- black olives
- corn
- cubed cheese
- green or red peppers

**Directions:**

In a large bowl, toss the cooked pasta, salmon or chicken, tomatoes, cucumber and onion. Add Italian Dressing and mix well. Cover and chill. Serve over lettuce.

**Salmon-Noodle**  
**Casserole**

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**Lentil Pasta**  
**Rotini**

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**Frozen Peas**



Source: [weightwatchers.com](http://weightwatchers.com)

**Ingredients:**

- 6 oz. lentil pasta
- 1 tbsp oil
- 1 cup onion, chopped
- 1 cup green & red peppers, chopped
- 1 cup fat free skim milk
- 1 cup peas, frozen
- 1 can condensed cream of mushroom soup
- ¾ tsp salt
- ¼ tsp pepper
- 1 can of salmon or chicken

**Directions:**

Preheat oven to 350° F. Coat a 3-quart casserole dish with cooking spray. Cook pasta until it is completely tender, then drain and return pasta to pot and set aside. In a large skillet add oil and sauté the onion and peppers over medium-high heat, stirring frequently, until onions start to brown, about 5 minutes; add to pasta pot. Add peas, milk, cream of mushroom soup, salt, pepper and salmon or chicken to pasta pot. Stir, then spoon the mixture into prepared casserole dish. Bake until mixture is piping hot and top is browned, about 20 minutes.