

# Mediterranean Salmon Pasta Salad

Serves 4 as an entrée or 6-8 as a side dish

## Ingredients for salad:

12 oz Aquamar Flake Style Salmon Flavored Seafood  
8 oz dry bow tie pasta (any medium size pasta may be used, e.g. penne, rotini, etc.)  
1 cup loosely packed baby spinach leaves  
1/2 cup yellow, red, or orange bell pepper, chopped  
3/4 cup fresh tomatoes cut in a large dice or grape, pear, or cherry tomatoes cut in halves or quarters  
1/3 cup red onion, chopped  
1/3 cup pitted Kalamata olives, cut in half  
3 oz (about 1/2 cup) crumbled feta cheese

## Ingredients for dressing:

1/2 cup olive oil  
3 tablespoons freshly squeezed lemon juice  
1/2 teaspoon minced garlic (about one medium-sized clove)  
1/2 teaspoon lemon zest  
1 teaspoon honey  
1 tablespoon chopped fresh dill or 1 teaspoon dried  
Salt and pepper to taste (keep in mind that the olives and the feta are already salty)

## Preparation:

Bring a large pot of water to a boil and cook pasta according to package directions. (It is best al dente or just a bit chewy for a pasta salad.) While pasta is cooking, prepare the vegetables and put in a large bowl.

To make the dressing mix all ingredients except the salt and pepper in a small bowl and whisk together. Set aside.

When the pasta is done, drain well, and add to the vegetable mixture and toss together. Add the Aquamar Flake Style Salmon Flavored Seafood, feta, and dressing, and gently toss. Salt and pepper to taste. Best to make at least several hours before serving so the flavors can meld.

