**Mediterranean Salmon Pasta**

**INGREDIENTS**
- 6 ounces salmon
- Salt and pepper
- 8 ounces bowtie pasta
- ½ cup prepared pesto
- 1 cup drained, marinated artichoke hearts, quartered
- ¼ cup roasted red peppers, chopped
- ¼ cup pitted green olives, chopped
- 2 tablespoons sundried tomatoes, sliced
- 3 cups baby arugula

**DIRECTIONS**

1. Season the salmon with salt and pepper. Cook the salmon on a hot grill for about 8 minutes or in an oven at 350°F for about 12 minutes, until it’s opaque and flakes easily. Remove it from the heat and set it aside.

2. While the salmon cooks, bring a large pot of water to a boil and cook the pasta. Add salt to taste. Drain the pasta when it’s al dente, reserving ½ cup of the pasta water.

3. In the empty pasta pan, add pesto, artichoke hearts, red peppers, olives, sundried tomatoes and ¼ cup of pasta water. Heat over medium high heat and add the cooked pasta.

4. Stir in additional pasta water as desired, to make a sauce. Add the arugula by the handful. Stir it in so it wilts.

5. Turn off heat. Flake the salmon and stir into pasta. Stir to combine everything and serve.

Recipe courtesy of foodandnutrition.org