

# Mediterranean Salmon Pasta

## INGREDIENTS

- 6 ounces salmon
- Salt and pepper
- 8 ounces bowtie pasta
- 1/3 cup prepared pesto
- 1 cup drained, marinated artichoke hearts, quartered
- 1/4 cup roasted red peppers, chopped
- 1/4 cup pitted green olives, chopped
- 2 tablespoons sundried tomatoes, sliced
- 3 cups baby arugula



*Recipe courtesy of [foodandnutrition.org](http://foodandnutrition.org)*

## 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 1/2 cup of the pasta water.
3. In the empty pasta pan, add pesto, artichoke hearts, red peppers, olives, sundried tomatoes and 1/4 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.