



Skillet Salmon over Arrabbiata Pasta

Prep: 10 minutes

Cook: 15 minutes • Serves: 4

- ½ (16-ounce) box linguine
- 1½ tablespoons olive oil
- 4 (5- to 6-ounce) skinless salmon fillets
- ½ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- ⅓ cup sliced kalamata olives
- 3 tablespoons drained capers
- 1 jar (25 ounces) arrabbiata pasta sauce
- 1 tablespoon chopped fresh basil leaves
- 2 tablespoons shredded Parmesan cheese

1. Heat large saucepot of salted water to boiling over high heat. Add pasta and cook as label directs; drain.
2. Meanwhile, in large skillet, heat 1 tablespoon oil over medium heat. Sprinkle salmon with salt and pepper; add to skillet and cook 5 minutes or until browned. Turn salmon, cover and cook 5 minutes longer or until internal temperature reaches 145°.
3. In separate large skillet, heat remaining ½ tablespoon oil over medium heat; add olives and capers and cook 3 minutes, stirring frequently. Reduce heat to medium-low; add pasta sauce, cover and cook 5 minutes or until heated through. Stir in basil.
4. Serve pasta topped with sauce and salmon fillets; sprinkle with cheese.

Approximate nutritional values per serving:

*636 Calories, 27g Fat (7g Saturated), 72mg Cholesterol,
1388mg Sodium, 53g Carbohydrates, 4g Fiber, 36g Protein*