

## Fettuccine and Salmon Marinara

(Makes 4 servings)

### **Ingredients:**

- 3/4 pound skinless salmon fillet
- ½ pound whole wheat fettuccine
- ¼ cup chopped fresh flat-leaf parsley

### **Marinara sauce:**

- 1 teaspoon extra virgin olive oil
- 3 garlic cloves, minced
- 1 tablespoon anchovy paste
- ¼ cup dry white wine
- One 14 ½ ounce can no-salt added diced tomatoes with juice
- 1/8 teaspoon crushed red pepper flakes, optional
- 2 scallions, white parts and 3 inches of the green, finely chopped



### **Directions:**

1. Cut the fish into 1-inch cubes and set aside.
2. Cook the pasta according to package directions. While the pasta is cooking, heat the oil in a large nonstick skillet. Add the garlic and anchovy paste, and sauté for 2 minutes over medium heat. Stir in the wine, tomatoes, and pepper flakes, if using. Simmer for 5 minutes. Add the scallions and fish. Cover the skillet and poach the fish for 2 minutes. Uncover and stir, making sure that the fish is cooked through.
3. Drain the pasta well and toss it with the salmon marinara. Garnish with parsley and serve immediately.

### **Nutritional Analysis:** (per serving)

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|---|---------------------|
| ▪ Calories: 390 (14% calories from fat) | ▪ Sodium: 390mg     |
| ▪ Total Fat: 6g                         | ▪ Carbohydrate: 52g |
| ▪ Saturated Fat: 1.5g                   | ▪ Dietary Fiber: 9g |
| ▪ Potassium: 490mg                      | ▪ Protein: 31g      |
| ▪ Cholesterol: 45mg                     |                     |

### **Source:**

*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books). The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*