

GRILLED SALMON WITH POMODORO SAUCE MADE WITH CAMPBELL'S® HEALTHY REQUEST® TOMATO SOUP



Total Time
20 MIN.

Serving & Size
1 SERVING (1 FILLET, 1/2 CUP LINGUINE)

Difficulty
EASY

Grilled salmon, fresh thyme and a zesty tomato base make this pasta dish a fresh favorite.


Yields
20

Nutrition Facts	
Serving Size	1 SERVING (1 FILLET, 1/2 CUP LINGUINE)
Amount Per Serving	
Calories	338
% Daily Value	
Total Fat 7.7g	12%
Saturated Fat 1.9g	10%
Cholesterol 56mg	19%
Sodium 433mg	18%
Total Carbohydrate 33.9g	11%
Dietary Fiber 2.9g	12%
Protein 30.9g	62%
Vitamin A 9%	Vitamin C 14%
Calcium 8%	Iron 14%

INGREDIENTS

WEIGHT

MEASURE

vegetable cooking spray		
salmon fillet, 4 ounces each, yield from raw		20
 Campbell's® Healthy Request® Condensed Tomato Soup, 50 oz ea		1 cans
Italian seasoning		1 tbsp.
water		1 1/4 cups
diced tomatoes, drained	2 lb.	
dried parsley flakes		3 tbsp.
dried thyme, leaves, crushed		3 tbsp.
black pepper, freshly ground		1 tsp.
Parmesan cheese, grated		1 cups
cooked linguine, drained	3 lb.	10 cups

INSTRUCTIONS

1. Preheat grill.
2. Mix soup, water, parsley, Italian seasoning, and diced tomatoes. Bring to a simmer.
3. Grill salmon 8 to 12 minutes or until fish flakes easily when tested with a fork and internal temperature is 165°F or higher for 15 seconds.
4. Place 1/2 cup (2.5 oz.) hot linguine on a plate and top with 2 oz. of tomato sauce. Sprinkle with Parmesan cheese and top with grilled salmon. Add 1 oz. of sauce on salmon and fresh herbs.



TIP

Using cooked whole grain pasta (1/2 cup per serving) will contribute 1 oz grain equivalent toward Child Nutrition Meal Contributions.