Smoked Salmon Pasta

NIBBLEDISH CONTRIBUTOR

Ingredients

- 350 g Three cheese rainbow tortellini
- 150 g Smoked salmon nuggets, broken into smaller chunks
- 1 Small zucchini, chopped
- 1/2 Red bell pepper, chopped
- 1/2 Yellow bell pepper, chopped
- 5 Large white mushrooms, chopped
- 2 Garlic cloves, minced
- 1/3 Small jar of sun dried tomatoes packed in oil (about 2-3 Tbsp)
- 3 Tbsp Oil from sun dried tomatoes, divided
- 1/4 c All purpose flour
- 1 Tbsp Butter
- 2 c Milk (I used skim)
- 1 c Cottage cheese
- 1/2 c Grated parmesan cheese
- 1/2 c Shredded cheddar and mozzarella cheese

Instructions

1. In a saucepan over medium heat, melt the butter and 1 Tbsp of the sun dried tomato oil together. Once fully melted and bubbling, add flour and stir into a paste. Let mixture bubble, stirring occasionally, for about 1 minute. Add milk gradually, stirring constantly to avoid lumps.
2. Bring a large pot of water to boil. Add tortellini, cook according to package instructions. (Usually for 8-10 min.)

3. Meanwhile, heat remaining 2 Tbsp of sun dried tomato oil in a nonstick skillet over medium heat. Add garlic, zucchini, and peppers. Saute for 2 min. Add mushrooms and sun dried tomatoes. Saute for another 5 min.

4. Add parmesan, mozzarella, cheddar, and cottage cheeses to white sauce, stir until melted and smooth.

5. Add smoked salmon to vegetables. Cook only until heated throughout.

6. Dish out tortellini, pour cheese sauce, smoked salmon, and vegetables on top.

   Serves 4