



easy weight watchers 7 points pasta with salmon

NIBBLEDISH CONTRIBUTOR

Ingredients

salmon (the salmon itself is actually 6 points.. but i counted as 3 since i only had half of it)

whole wheat pasta - 3-4 points

olive oil - 0-1 point

zucchini

onion

green and red peppers

chopped tomato (canned or cut)

(veggies are considered 0 points)

Instructions

sorry i dont know the exact amount for each since i forgot to post this when i made it a few weeks ago. i'm sure you get the picture but this is an alternate way of eating a healthier pasta dish :) (i think&hope!!)

cook the pasta according to instruction on box but make sure the nutritional info adds up to 2-3 points per service. some are very tricky so be careful!!

while its cooking, start on the fish

heated a tiny bit of olive oil and patted some garlic pepper on the salmon. cooked both sides till it was done. set aside

in the same pan i just cooked the chopped veggies, when they were soft enough, i added the cooked pasta... THEN then tomatoes. heated it up and that was it... very simple...