

Crispy Pasta, Salmon and Artichokes Salad



These pasta offer the perfect play on textures: an ultra-satisfying crunch in every bite, coated in a creamy and comforting sauce. Inspired by the crispy pasta salad trend, this version has been revisited to make it a complete, nourishing and flavourful meal. A recipe approved by our dietitians, perfect to include in your weekly [meal planning](#)!

Preparation 15 min

Cooking 20 min

Servings 2

Nutrition Facts (per serving)

Calories 450

Fat 20

Carbohydrates 35

Fibre 6

Protein 32

Sodium 410

Ingredients

Roasted pasta

- 375 ml (1 ½ cups) short pasta, cooked al dente
- 15 ml (1 tbsp) olive oil

- 15 ml (1 tbsp) nutritional yeast
- 30 ml (2 tbsp) Parmesan cheese, grated
- 15 ml (1 tbsp) ground flaxseed
- 5 ml (1 tsp) sumac
- Pepper and salt, to taste

Sauce

- 125 ml (½ cup) plain 0% M.F. Greek yogurt
- The juice (15 ml / 1 tbsp) and zest of ½ lemon
- 10 ml (2 tsp) Dijon mustard
- 5 ml (1 tsp) honey
- 30 ml (2 tbsp) fresh dill and fresh chives, chopped
- Pepper and salt, to taste

Salad

- 125 ml (½ cup) yellow bell pepper, diced
- 125 ml (½ cup) cucumber, diced
- 500 ml (2 cups) baby spinach, roughly chopped
- 80 ml (? cup) marinated artichoke hearts, drained and chopped
- 175 ml (¾ cup) cooked salmon, broken into pieces

Preparation

1. Preheat the oven to 425°F (220°C). On a baking sheet lined with parchment paper, place the pasta. Add the olive oil, nutritional yeast, Parmesan cheese, flaxseed and sumac. Season to taste. Mix well.
2. Bake for 15 to 20 minutes, stirring halfway through, until the pasta is golden and crispy. If needed, broil for an additional 2 minutes. Let cool slightly.
3. In a large bowl, whisk together the Greek yogurt, lemon juice and zest, mustard, honey, fresh herbs, pepper and salt.
4. In the same large bowl, add the diced yellow bell pepper, cucumber, spinach, artichokes and flaked salmon. Mix.
5. Just before serving, add the warm roasted pasta to the salad. Toss gently.

Notes

Keeps for 3 days in the refrigerator in an airtight container. Store the salad and roasted pasta separately to better preserve the texture.



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