**Cold Salmon Pasta Salad**

**Produce**

sweet onion (if needed)

4 oz. arugula leaves  
  
fresh cilantro (if needed)

1 cucumber

Napa cabbage (if needed)

1 red bell pepper

10 oz. fresh snow peas or sugar snap peas

1 medium carrot

1 new apple

1 pint cherry tomatoes

1 lime

1 piece ginger root

**Canned/Dried Foods**

dry whole-wheat penne pasta

sesame oil (if needed)

low sodium soy sauce (if needed)

Asian garlic pepper sauce (if needed)

rice wine vinegar (if needed)

low-fat mayonnaise (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

6 oz. smoked salmon

**Chilled Foods/Dairy**

quark or nonfat plain yogurt

shredded Parmesan (if needed)