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I am always looking for healthy recipes that combine foods in an unusual way. I also like recipes that use a healthier version of what is traditionally used. This recipe for whole wheat spaghetti with salmon has both.

Using whole wheat spaghetti is a great way to make any pasta dish healthier. We don't eat the noodles for taste so having a healthier noodle is a great improvement that doesn't really change the taste.

On the creative food combinations side, adding salmon to spaghetti is something I never would have thought of. I am this recipe provides you with a healthy meal that is filling and healthy at the same time.

The salmon makes sure you get healthy omegas while the whole wheat spaghetti makes sure you don't get too many processed flours. This recipe came from foodnetwork.com. Click the link below to see the recipe and give it a try.

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