

Dilled Salmon Sandwich Filling

Prep time: 5 minutes | Cooking time: 0 minutes | Number of servings: 6

- 2 (6-ounce) cans salmon
- ¼ cup low-fat mayonnaise
- 2 green onions, sliced
- ½ teaspoon dried dill

Directions

1. Wash outside of the cans. Open salmon, place in a strainer and drain.
2. Using a fork, break salmon into a medium bowl. Remove any bones.
3. Add the green onions, mayonnaise, and dill. Mix gently to combine.



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Food Sense Tips

- Serve each sandwich on whole grain bread to increase your fiber intake. Add vegetables such as crisp lettuce, sliced cucumbers, or tomatoes for a healthier, heartier sandwich!
- Use as a spread and serve with your favorite whole grain crackers or vegetables.

Nutrition Facts (Serving size 1 sandwich): Calories-110; Protein-14g; Carbohydrate-1g; Total Fat-6g; Saturated Fat-1g; Cholesterol-50mg; Fiber-0g; Sodium-280mg; Vitamin C-2%; Vitamin A-2%; Iron-2%; Calcium-4%

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- Cream salmon and serve over toast, rice, pasta, bread, or mashed potatoes.
- Use in any recipe that calls for canned tuna.
- Try adding chunks of salmon to an omelet.
- Use as a stuffing ingredient for baked potatoes, peppers, or squash.
- Toss into creamy pasta sauce.
- Add to macaroni and cheese.
- leaf and wrap for a light main dish.
- Or, place ¼ cup of salmon mixture into the center of a lettuce leaf and wrap for a light main dish.
- 1 teaspoon soy sauce. Add this on top of chopped salad greens.
- freshly minced ginger, chopped green onions or cilantro, add
- Make an Asian salmon salad or lettuce wrap. To salmon, add

Canned salmon...

- Costs less
- Has a long shelf life
- Excellent source of protein, omega 3 fatty acids, vitamin D, and B12.
- Keep on hand for a quick meal.

More Ways to Use Canned Salmon

THRIFTY MAIN DISHES

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