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.

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%

Source: Washington State University Extension Food $ense
More Ways to Use Canned Salmon

- Make an Asian salmon salad or lettuce wrap. To salmon, add freshly minced ginger, chopped green onions or cilantro, 1 teaspoon soy sauce. Add this on top of chopped salad greens. Or, place ¼ cup of salmon mixture into the center of a lettuce leaf and wrap for a light main dish.

- Add to macaroni and cheese.

- Toss into creamy pasta sauce.

- Use as a stuffing ingredient for baked potatoes, peppers, or squash.

- Try adding chunks of salmon to an omelet.

- Use in any recipe that calls for canned tuna.

- Cream salmon and serve over toast, rice, pasta, bread, or mashed potatoes.

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.