

Salmon Melts: 15 Minute Meal



INGREDIENTS:

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked
1/3 cup low-fat mayonnaise
1 teaspoon dried parsley
1 teaspoon lemon juice
1/2 teaspoon seasoned salt
1/4 teaspoon celery seed
1 cup shredded Cheddar cheese, divided
3 to 4 English muffins, split

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DIRECTIONS:

Spread: Mix salmon with mayonnaise, parsley, lemon juice, seasoned salt, and celery seed. Stir in 1/2 cup cheese.

Sandwich: Set oven to broil. Lightly toast cut side of muffins on baking sheet about 5 inches from heat. Spoon 1/4 cup salmon mixture (for 8 servings) or 1/3 cup (for 6 servings) onto each toasted muffin half. Top with remaining cheese. Broil 3 to 4 minutes until cheese melts and is lightly browned.

Variations: Substitute shredded pepper-jack OR Swiss cheese for Cheddar.
Makes 6 to 8 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 262 calories, 15.8g total fat, 4.9g saturated fat, 54% of calories from fat, 48.3mg cholesterol, 16.5g protein, 13.4g carbohydrate, 1g fiber, 642.8mg sodium, 226.9mg calcium and 1g omega-3 fatty acids.