

Salmon Sandwich Stuffer: 20 Minute Meal



INGREDIENTS:

2/3 cup plain non-fat yogurt
1/3 cup low-fat mayonnaise
1 Tablespoon lemon juice
1 teaspoon dill weed
1/2 teaspoon ground coriander, if desired
2 teaspoons dried or 2 Tablespoons fresh parsley
1 medium (about 9 oz.) cucumber, seeded and chopped
1/2 cup bell pepper, diced
1/2 cup red onion, diced
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
3 to 4 pita breads, French or Hoagie rolls, croissants, etc.

Salmon Sandwich Stuffer: 20 Minute Meal

DIRECTIONS:

Dressing: In bowl, blend yogurt, mayonnaise, lemon juice, dill weed, coriander and parsley.

Sandwich: In separate bowl, combine cucumber, bell pepper, onion and salmon. Stir dressing into salmon mixture. Portion onto bread.

Makes about 3-1/2 cups, 3 to 4 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 422.5 calories, 14g total fat, 3.1g saturated fat, 30% of calories from fat, 58.2mg cholesterol, 29.6g protein, 43g carbohydrate, 2.6g fiber, 1083mg sodium, 378.5mg calcium and 1.8g omega-3 fatty acids.