

Super Salmon Sandwich Spreads

We have three spreads:

For each spread, thoroughly blend all ingredients except bread and lettuce/spinach. Spread 1/2 to 3/4 cup mixture into pita pocket half or onto one bread slice/bagel half. Top with tomatoes and/or lettuce/spinach leaves, if desired, and bread top. Serve immediately.



Super Salmon Sandwich Spreads – Fiesta Spread: 15 Minute Meal

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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
1/2 cup chunky spicy salsa, drained (if runny)
1/4 cup low-fat mayonnaise
1 cup finely chopped celery, carrot, jicama, or zucchini
1 fresh minced jalapeño pepper
Assorted breads for sandwiches (pita, wheat, sourdough, bagels, etc.)
Lettuce or spinach leaves, if desired

DIRECTIONS:

Makes about 3 cups (4 to 6 servings).

NUTRITIONAL INFORMATION:

Nutrients per serving: 155 calories, 7.5g total fat, 1.7g saturated fat, 44% calories from fat, 48.9 mg cholesterol, 17g protein, 4.1g carbohydrate, .7g fiber, 669.1mg sodium, 192.4mg calcium, and 1.6g omega-3 fatty acids.

Super Salmon Sandwich Spreads – East-West Spread

East-West Spread: 15 Minute Meal

INGREDIENTS:

1/2 to 2/3 cup low-fat mayonnaise
1 teaspoon wasabi paste*
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 cup finely diced seeded cucumber OR celery
1/4 cup sliced green onions OR 2 Tablespoons chopped chives
Assorted breads for sandwiches (pita, wheat, sourdough, bagels, etc.)
Lettuce or spinach leaves, if desired

DIRECTIONS:

*Additional wasabi paste may be added to taste
Makes about 3 cups (4 to 6 servings).

NUTRITIONAL INFORMATION:

Nutrients per serving: 176.8 calories, 9.7g total fat, 2.1g saturated fat, 50% calories from fat, 51.8mg cholesterol, 16.9g protein, 4.9g carbohydrate, .3g fiber, 585.5mg sodium, 185.6mg calcium and 1.8g omega-3 fatty acids.

Super Salmon Sandwich Spreads – Kid's Favorite Salmon Salad Spread

Kid's Favorite Salmon Salad Spread: 10 Minute Meal

INGREDIENTS:

1 can or pouch (6 to 7.5 oz.) salmon, drained and chunked
1/4 cup low-fat mayonnaise
1/2 teaspoon dill weed
6 slices white or whole wheat bread
Tomato slices
Lettuce leaves

DIRECTIONS:

Recipe may be doubled using 1 can (14.75 oz.) or 2 cans/pouches (6 to 7.5 oz. each) salmon.
Makes 3 servings.

Super Salmon Sandwich Spreads – Kid's Favorite Salmon Salad Spread

Kid's Favorite Salmon Salad Spread: 10 Minute Meal

NUTRITIONAL INFORMATION:

Nutrients per serving: 316.4 calories, 13.7g total fat, 2.4g saturated fat, 39% calories from fat, 38.7mg cholesterol, 19.1g protein, 28.1g carbohydrate, 1.6g fiber, 813.4mg sodium, 230.6mg calcium and 1g omega-3 fatty acids.