



CANNED SALMON SALAD

By Dr. Cindy Tanzar
(Standard)

Canned salmon is a highly nutritious and quick source of protein any time you need a fast meal. Most of the canned salmon products are wild-caught and not farm-raised, but you will need to read the label to make sure. This recipe is very easy. The ingredients are flexible, so if you don't have one of them on hand, simply use what you have. If you're not familiar with capers, they add a delicious tart taste that can easily be replaced with chopped dill pickle (not sweet). You can enjoy the salmon salad in a lettuce wrap, stuffed inside a tomato or Bell pepper of your choosing or simply with tomatoes on the side.

There are two servings in this recipe. There is only 1/8 cup of raw vegetable per serving as written. Measure any extra vegetables you add and divide in 1/2 for two servings, then make up the difference with lettuce, tomato, etc., to equal 2 cups raw. One serving covers your protein and fat for one meal.



INGREDIENTS

2-3oz cans of wild-caught salmon (can use 7.5 oz can and remove any skin/bones)
3 Tbsp GHS Homemade Mayonnaise or Primal Kitchen mayo
1-2 tsps. Dijon mustard (to taste)



1 Tbsp capers, optional

1/4 cup thin-sliced green onions

Pink Himalayan salt & black pepper, to taste

(Can add chopped olives or diced cucumber, dill pickles, celery or red onion to your liking)

INSTRUCTIONS

Drain the salmon. Transfer to a bowl and flake with a fork. Add sea salt, pepper, mayo and Dijon mustard, mixing well. Fold in the capers and green onions or choice of vegetables.

Serve immediately or cover and chill, allowing the flavors to meld.