

Mediterranean Salmon Sandwich Loaf: 25 Minute Meal



INGREDIENTS:

3 Tablespoons prepared Italian, Creamy Italian or Vinaigrette salad dressing
1/2 small onion, coarsely chopped
1 medium bell pepper, seeded and coarsely chopped
1 jar (2 oz.) pimento-stuffed green olives, drained
1 can (4 oz.) sliced ripe olives, drained
2 garlic cloves, chopped
1 teaspoon dried basil leaves
1 teaspoon dried oregano leaves
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 loaf Italian OR hearty bread (12-inch or 1 lb.)
4 oz. softened OR whipped light cream cheese
1-1/2 cups fresh spinach or lettuce leaves
1 large tomato, sliced

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DIRECTIONS:

Spread: In a food processor or blender, combine dressing, onion, bell pepper, olives, garlic, basil and oregano. Pulse or blend ingredients just until finely chopped; stir in salmon.

Sandwiches: Cut bread loaf lengthwise. Remove bread from inside of halves, leaving a 1-inch border. Spread half of cream cheese inside each cut bread half. Spoon and spread salmon mixture over cream cheese. Layer spinach leaves, then top with tomatoes. Close sandwich and wrap very tightly in plastic wrap. Refrigerate until serving.

Makes 1 loaf, 6 to 8 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 457.2 calories, 15.7g total fat, 4.3g saturated fat, 31% of calories from fat, 42mg cholesterol, 23.4g protein, 55.2g carbohydrate, 4.2g fiber, 1317.1mg sodium, 266.9mg calcium and 1.4g omega-3 fatty acids.