

Salmon and Walnut Sandwich: 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
1/2 cup chopped walnuts*, toasted
1/3 cup low-fat mayonnaise, divided
1 Tablespoon Dijon-style mustard
1 teaspoon Worcestershire sauce
8 slices whole wheat bread or 4 croissants
4 lettuce leaves, shredded

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DIRECTIONS:

Spread: Gently mix salmon with walnuts, 2 tablespoons mayonnaise, mustard, and Worcestershire sauce.

Sandwich: Spread remaining mayonnaise evenly on one side of 4 bread slices. Top with salmon mixture. Divide lettuce between sandwiches. Top with remaining 4 bread slices and cut as desired to serve.

*Or use chopped almonds or pecans, toasted.

Makes 4 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 451.1 calories, 24.2g total fat, 4.1g saturated fat, 48% of calories from fat, 57.5mg cholesterol, 30.2g protein, 29.6g carbohydrate, 4.9g fiber, 1126.3mg sodium, 276.4mg calcium and 2.3g omega-3 fatty acids.