

Salmon Waldorf Salad: 15 Minute Meal



INGREDIENTS:

1/2 cup low-fat mayonnaise or salad dressing
1/4 cup plain non-fat yogurt
1/4 teaspoon lemon-pepper seasoning
1/2 teaspoon dried thyme
1/4 teaspoon salt
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
2 ribs celery, diced (about 1 cup)
1 large apple, chopped (about 1 cup)
1/2 cup (2 oz.) broken walnuts

Salmon Waldorf Salad: 15 Minute Meal

DIRECTIONS:

Dressing: In small bowl, blend mayonnaise, yogurt, lemon-pepper, thyme and salt.
Salad: In separate bowl, combine salmon, celery, apples and walnuts. Stir dressing into salad.
Makes 5 cups, about 3 to 4 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 353.7 calories, 21.2g total fat, 3.3g saturated fat, 53% of calories from fat, 65mg cholesterol, 25.9g protein, 16.9g carbohydrate, 2.6g fiber, 927.3mg sodium, 277.4mg calcium and 2.8g omega-3 fatty acids.