

SALMON SALAD

Makes 4 Servings

INGREDIENTS:

- Two 5- or 6-ounce can boneless, skinless salmon, drained and flaked
- 1 medium carrot, shredded (about 1/2 cup)
- 1/4 cup light mayonnaise
- 1 tablespoon honey mustard
- Salt and freshly ground black pepper
- A few pinches fresh or dried dill, optional

Scooper options: Baked tortilla chips, cucumber wheels, mini whole wheat pitas, whole grain crackers

DIRECTIONS:

1. Combine the salmon, carrot, mayonnaise, honey mustard, salt and pepper to taste, and dill as desired in a medium bowl and mix well.
2. Divide the salmon salad between two plastic containers with tight-fitting lids, and place optional "scoopers" in separate containers.

Nutrition Information per Serving (1/3 cup):

140 calories, 7g fat (1.5g saturated, 1.1g omega-3), 520mg sodium, 5g carbohydrate, 0g fiber, 13g protein, 45% vitamin A

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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