

QUICK & EASY SALMON SALAD

INGREDIENTS

- 1lb fillet** Salmon (cooked or poached or grilled) (cooled to room temperature)
- 2 stalks** Celery (finely chopped)
- 1/8 C** Dried minced onions
- 1 head** Romain Lettuce (chopped)
- 1 T** Capers (strained)
- 1** Lemon (juiced)
- 1 T** Extra virgin olive oil
- Dill (fresh) (chopped) **OR** Dill seasoning
- Salt & pepper to taste (if necessary)



DIRECTIONS

- 1 Break salmon into small chunks & place in a bowl
- 2 Add celery, onion & chopped romaine lettuce
- 3 In a separate bowl whisk capers, lemon juice, olive oil & dill
- 4 Add the dressing to the salmon, celery, onion & lettuce mix
- 5 Mix just enough to coat
- 6 Refrigerate for at least an hour

NOTES

- 1 Most canned salmon is Alaskan & can be a substitute for a salmon fillet
- 2 If you don't mind the harsh odor from red onion, you can substitute that for the dried minced onions
- 3 You may omit the capers
- 4 If you want a 'mayo' feel to the salad, substitute Smart Beat non-fat mayonaise **OR** Vegenaize for the olive oil & lemon juice

