

Salmon Salad

Prep Time: 10 Minutes | Makes: 3 servings

Ingredients

- 1/2 cup finely chopped fresh vegetables of your choice (broccoli, cauliflower, carrot, celery and/or zucchini)
- 2 tablespoons finely chopped red onion or green onion
- 2 tablespoons creamy salad dressing of your choice (Italian, ranch, green goddess or blue cheese)
- 1 pouch (5 oz.) skinless, boneless pink salmon or 2 pouches (2.6 oz. each) chunk light tuna
- 3 cups chopped lettuce
- 2 tomatoes, thinly sliced



Directions

- In small bowl, stir together vegetables, onion and salad dressing.
- Gently stir in salmon or tuna.
- On 3 serving plates, place chopped lettuce. Top with tomato slices.
- Spoon salmon mixture on top. Serve immediately.

