

Mediterranean Salmon Salad

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: 1 sandwich

Ingredients

- 1 (5-6 ounce) can salmon, no-salt added, drained and rinsed
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- ½ teaspoon Dijon mustard
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon black pepper
- 2 whole wheat sandwich thins
- Optional Garnishes: lettuce leaves, sliced tomato, sliced onions

Directions

1. In a medium bowl, whisk together olive oil, red wine vinegar, Dijon mustard, oregano, basil, garlic powder, onion powder, and black pepper until well combined.
2. Add salmon to bowl and mix well.
3. Divide salmon mixture evenly onto sandwich thins and top with desired garnishes.

Recipe Notes

- Substitute whole wheat pita bread or serve as a lettuce wrap without the sandwich thin if desired.

**Nutrition Facts Per Serving: Calories: 220 | Total Fat: 10 g | Saturated Fat: 1.5 g
Sodium: 285 mg | Total Carbohydrate: 25 g | Dietary Fiber: 7 g | Protein: 11 g**

Adapted from eatingwell.com | Submitted by Jessica Long, RDN, CD
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