

SALMON SALAD



SERVING SIZE

1



INGREDIENTS

ITEM

Canned or Leftover Salmon,
Boneless and Skinless
Mayonnaise (Approved for Dietary
Preferences)
Celery, Finely Chopped, (as Desired
for Crunch) (Carrots or Peppers Can
Be Used as Alternatives)

QUANTITY ITEM

4 oz.

½ tbsp.

Green or Red Onion, Finely Chopped
Dill, Fresh or Dried
Black Pepper
Lemon Juice

QUANTITY

1 Tbsp.
1 Tbsp.
To Taste
To Taste



PREPARATION

- If using canned salmon, drain it well and remove any bones or skin if present. If using leftover cooked salmon, gently flake it into small pieces. Place the salmon in a mixing bowl.
- Finely chop enough celery to suit your preference for crunch in the salad. If using carrots or peppers instead, chop them finely as well. Also, finely chop the green or red onion.
- To the bowl with the salmon, add the finely chopped celery (or carrots/peppers) and onion. Add ½ tbsp. mayonnaise.
- Stir in 1 tbsp. dill, adjusting the amount based on whether you're using fresh or dried. Season with black pepper and lemon juice to taste.
- Fresh dill typically has a more intense flavor, so you might use less if it's fresh.
- Gently mix all the ingredients.
- After mixing, taste the salad and adjust any seasonings as needed.
- Enjoy!