

Salmon Salad

Get out of your tuna salad rut and try salmon salad for a change. This version is spiked with olives, lemon, onion and capers.



Ingredients

- ½ cup boneless, skinless canned salmon, flaked (2 ½ ounces)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 2 Kalamata olives, pitted and diced
- 1 teaspoon minced red onion, or to taste
- 1 teaspoon minced fresh parsley
- 1 teaspoon rinsed and chopped capers

Instructions

1. Combine salmon, oil, lemon juice, olives, red onion, parsley and capers in a small bowl.

Yield:
1 serving

Active Time:
20 minutes


Total Time:
20 minutes

Nutrition Per Serving

254 Calories, Total Fat: 22 g, Saturated Fat: 3 g, Cholesterol: 45 mg, Carbohydrates: 2 g, Fiber: 0 g, Total Sugars: 1 g, Added Sugars: 0 g, Protein: 14 g, Sodium: 457 mg, Potassium: 29 mg, Folate: 6 mcg, Calcium: 120 mg

Carbohydrate Servings: 0

Make Ahead Tips:


Cover and refrigerate for up to 2 days.