Salmon Salad Sandwich

Yield: 4 servings
Total Time: 15 minutes

Ingredients
- 2 6- to 7-ounce cans boneless, skinless salmon, drained
- ¼ cup minced red onion
- 2 tablespoons lemon juice
- 1 tablespoon olive or canola oil
- ¼ teaspoon black pepper
- 4 tablespoons reduced-fat cream cheese or Neufchatel
- 8 slices whole wheat bread, toasted
- 8 slices tomato
- 2 large leaves romaine lettuce, cut in half

Preparation Instructions
1. Combine salmon, red onion, lemon juice, oil, and pepper in a medium bowl.
2. Spread 1 tablespoon cream cheese on each of 4 slices of bread. Spread ½ cup salmon salad over the cream cheese. Top with 2 tomato slices, a piece of lettuce, and another slice of bread.

Nutrition Analysis
Per serving: 360 calories; 14g fat (3.5g saturated, 0g trans); 70mg cholesterol; 610mg sodium; 27g carbohydrate (5g dietary fiber; 6g sugar); 33g protein.
Vitamin A 50%, Vitamin C 15%, Calcium 10%, Iron 20% Daily Value.

Tip: If you are watching your salt intake, rinse the canned salmon before using and choose low sodium bread.

Cost
Per serving: $1.85
Total ingredient cost: $20.32

Modified from www.eatingwell.com