



5-Minute Salmon Salad

By: Stacie Hassing Posted: 4/3/24

When you're busy and need a healthy recipe that doesn't take long to make, stir up this Salmon Salad. This salad comes together so quickly – literally in 5 minutes or less. And it's also loaded with protein and healthy fats, which makes it a satisfying meal that won't leave you hungry.

INGREDIENTS

- 2 (5-6 oz) Canned wild salmon drained
- 1/3 cup Mayonnaise or plain Greek yogurt
- 1 medium stalk celery finely chopped.
- 1 tablespoon fresh dill or 1 teaspoon dried dill and /or parsley
- 3 tablespoons finely chopped red onion.
- Smoked paprika or bell peppers.
- 1-3 table spoons fresh lemon juice.
- ¼ teaspoon pepper.

INSTRUCTIONS

In a medium or large bowl, combine the drained salmon, mayonnaise or plain Greek yogurt, celery, red onion, dill, lemon juice and black pepper. Stir until well mixed and add additional mayo to reach your desired consistency.

Serve salmon salad as a sandwich, in a lettuce wrap, on a bed of greens, or enjoy with cucumber slices, zucchini slices, crackers, or chips.

Store leftovers in an airtight container in the fridge for up to 5 days.

NUTRITION INFORMATION

Serving Size: 1/4 of recipe Calories 232, Fat: 16 g (Sat Fat: 3 g). Sodium: 393 mg, Carbohydrate: 1 g (Fiber: 0 g Sugar: 0 g). Protein: 15 g, Cholesterol: 48 mg.