



Dilled Salmon Sandwich Filling



Ingredients

Adapted from *WSU SNAP-ED*

- 2 (6 oz) cans of salmon
- 1/4 c low-fat mayonnaise
- 2 green onions, sliced
- 1/2 teaspoon dried dill



Directions

Yield: 6 Serving size: 1 sandwich

1. Rinse and drain salmon.
2. Using a fork, break salmon up in a medium bowl and remove any bones.
3. Add the green onions, mayonnaise, and dill. Mix gently to combine.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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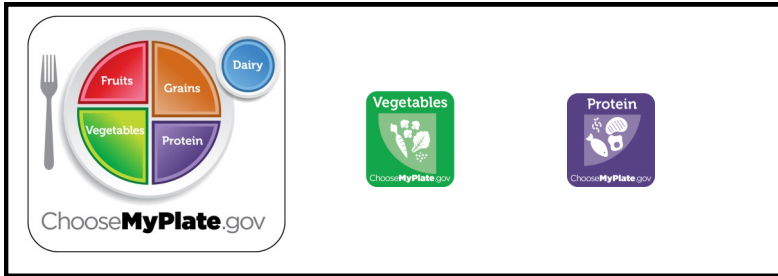
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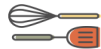
Fast Facts



Featured Food Groups



Cooking Tips



- Canned salmon is a great source of protein, omega 3 fatty acids, and Vitamins B12 and D.
- Serve on whole grain bread for extra fiber.
- Serve as a spread with your favorite whole grain crackers.

Nutrition Facts	
6 servings per container	
Serving size	1 Sandwich
Amount Per Serving	110
Calories	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 280mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	28%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

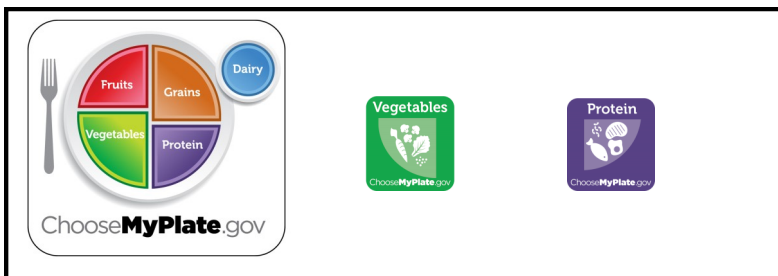
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