

Salmon Salad Sandwiches



Ingredients:

- 1-5 ounce can salmon, drained
- 1/4 cup green onion, chopped
- 1/4 cup celery, chopped
- 1/2 teaspoon lemon juice
- 1/4 cup plain yogurt or Greek yogurt
- Salt & pepper, to taste
- 4 slices whole grain bread

Directions:

1. Mix salmon, green onion, celery, lemon juice, and yogurt.
2. Spread 1/2 of mixture on each sandwiches.
3. Serve with lettuce and tomato, if desired.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>