

Salmon Salad Sandwiches

Serves 4

Ingredients

- 2 cans (7 oz.) Kirkland Atlantic canned salmon
- $\frac{1}{2}$ c. light mayonnaise
- 2 Tbl. green onions, chopped
- 2 Tbl. fresh cilantro, chopped
- $\frac{1}{2}$ tsp. garlic powder
- 4 leaves romaine lettuce
- Sourdough wheat bread, 8 slices

Directions:

1. Stir together all ingredients, except bread and lettuce
2. Toast bread if desired
3. Divide salmon mixture between four sandwiches and add folded leave of Romaine
4. Slice each sandwich in half.

Nutrition: (per sandwich)

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|---------------|--------------|-------------------------|-------------------|
| Calories: 393 | protein: 21g | total carbohydrate: 36g | total fat: 16g |
| sodium: 537mg | sugars: 5g | saturated fat: 3g | dietary fiber: 4g |