Savory Salmon Melt

Ingredients
1 can (6 ounces) pink salmon in water, drained
1 large carrot, peeled and shredded
3 Tablespoon mayonnaise
2 English muffins, sliced in half
2 Tablespoons shredded cheddar cheese

Directions
1. In a small bowl mix together salmon, carrot and mayonnaise.
2. Toast the English muffin halves in the toaster.
3. Place toasted muffin halves on a microwave-safe plate.
4. Spread 1/4 of the salmon mixture on each muffin half; sprinkle with cheese.
5. Heat on high in the microwave for 1 minute or until cheese is melted.

Makes 2 servings
Nutrition information per serving:
340 calories, 14g total fat, 3g saturated fat, 950 mg sodium, 32g carbohydrate, 6g dietary fiber, 26g protein