

Honey Dijon Salmon

Ingredients

- 1 (6 ounces) can light tuna in water, drained and flaked
- 1/2 cup carrots, chopped or shredded
- 1 medium apple, peeled, cored and coarsely chopped
- 3 tablespoons mayonnaise
- 4 slices bread, toasted if desired
- 4 slices of tomato
- 6 lettuce leaves

Directions

1. Preheat oven to 450° F.
2. Mix together the mustard and honey in a small bowl.
3. Place the salmon in a baking dish. Spread the mustard mixture evenly over each fillet and sprinkle the breadcrumbs on top.
4. Bake for 10 minutes for each inch of thickness of the fillets or until the fish is flaky. Serve with lemon wedges.



Makes 4 servings