

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