

Asian Salmon Salad

Ingredients:

- 1 (7 ½ ounce) can wild pink salmon (remove any bones)
- ½ teaspoon grated fresh ginger
- 1 teaspoon fresh lime juice
- 1 Tablespoon finely chopped scallions (green parts only)
- ½ teaspoon sea salt
- 1 teaspoon sesame oil

Place the salmon in a small bowl and use a fork to break it up. Add the ginger, lime juice, scallions, salt and sesame oil. Mix well and taste (add lime? Salt?).

Serve on top of salad greens, in a whole grain wrap with more veggies or with whole grain crackers.

Makes 4 servings. Per serving: Calories: 87, Total Fat: 5g, Protein: 10g

Recipe from One Bite at a Time Cookbook, 2nd edition, 2008, [Rebecca Katz](#)