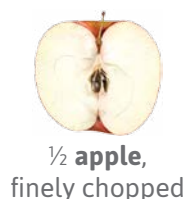


Salmon Spread

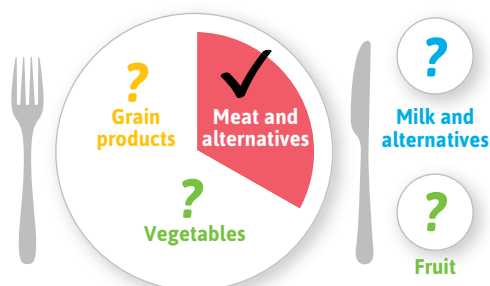
Preparation time	10 minutes
Servings	2 sandwiches or 4 snacks (about 1¼ cups)
Cost per serving	\$1.62 per sandwich or 81¢ if served as a snack
Storage	3 days in the fridge. Can't be frozen.
Kitchen tools	Can opener, cutting board, sharp knife, measuring cups and spoons, bowl, fork, spoon.



Ingredients



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Balanced plate

✓ One portion of this spread is a tasty way to add protein to a snack. If using this spread as a sandwich filling, serve it with raw vegetables and a glass milk (or a milk-based dessert) to round out the meal.

Directions

1

Pour the contents the can of **salmon** into a bowl. Remove the skin with your fingers or a fork. You can use the bones and cartilage if you wish, but make sure they are well crushed.



2

Add the **apple** to the salmon and mix.



3

Add the **celery, mayonnaise, yogurt, chili powder, mustard, salt** and **pepper**.



4

Mix together, coating the salmon with the mayonnaise and yogurt. Use this spread as a sandwich filling or serve on crackers as a snack.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition