

Savory Salmon Melt

2 servings

What you need:

- 1 (6 oz) can pink salmon in water, drained
- 1 large carrot, peeled and shredded*
- 3 Tbsp light mayonnaise
- 2 whole wheat English muffins, sliced in half
- 2 Tbsp shredded cheddar cheese



All you do:

- 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 $\frac{1}{4}$ 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.

* Shred the carrot with a cheese grater or vegetable peeler.

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