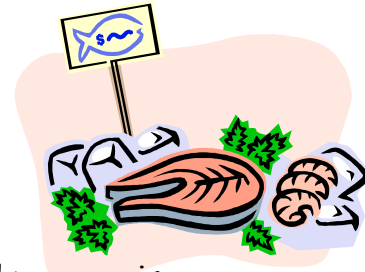


Savory Salmon Melt

2 servings

Estimated Cost per serving: \$1.50

- 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



- 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. You can also buy pre-shredded carrots at the grocery store, about $\frac{2}{3}$ cup = 1 carrot.

Complete your meal with a serving of fresh or canned fruit and a cup of milk.

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
Good source of Vitamin A, Calcium and Iron.

Pyramid servings: 2 whole grains, 1 meat, $\frac{1}{2}$ vegetable, 1 healthy fat

Nutrition note: Salmon is a great source of omega-3 fatty acids. These long chain polyunsaturated fats, found mainly in fatty fish, have been found to decrease the risk of death from heart attack and arrhythmias. They may also help boost the immune system and decrease symptoms of depression. The American Heart Association recommends eating fish (especially fatty fish like salmon, sardines, tuna, herring & mackerel) two times a week. Canned salmon is an economical way to enjoy this tasty fish. Other good sources of omega-3 fatty acids are soybeans, canola oil, walnuts, flaxseeds and flaxseed oil.

Recipe modified from www.mealmakeovermoms.com (9/06).

Questions or comments??? Contact SHS nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at rebecca.gruenes@mnsu.edu.