

Integrative Health Institute

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## Salmon Salad

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Servers 1-2

### Ingredients:

- 1 large can of Wild Salmon
- 1 cup mixed raw veggies finely chopped (cucumber, green onion, celery, garlic, radish)
- 1 table spoon mayonnaise
- 2 brown rice cakes
- salt and pepper to taste

### Directions:

In a medium sized bowl combine salmon, prepared vegetables, mayonnaise. Mix well. Add salt and pepper to taste.

This salad can top a bed of lettuce, can be serve on rice cakes or crackers, or between two pieces of bread.

### Special Notes:

There have been some concerns about chemicals in canned foods. If you can prepare your salmon fresh then we advise you to do so. Cooked chicken can also be substituted. Salmon is an excellent source of protein and omega 3 fatty acids.