

Salmon Salad on a Cracker

Ingredients (makes enough salad for about 30-40 crackers)

- 1 (15 ounce) can Salmon
- 1 cup Mayonnaise
- 1/2 teaspoon Salt
- 1/2 teaspoon Black pepper
- 1 Tablespoon Lemon juice (optional)
- Crackers Whole-wheat (Wheat Thins, Triscuits, etc)

Directions

1. Drain salmon and flake with a fork. (Removing bones and/or skin is optional.)
2. Mix mayonnaise with salmon, salt, pepper and lemon juice.
3. Spread about 1/2 Tablespoon of salmon salad on each cracker.

Nutrition Information (for one cracker)

Calories	33	Total Sugars	0.2g	Sodium	60mg
Protein	3g	Total Fat	2g	Cholesterol	1mg
Carbohydrate	0.9g	Saturated Fat	0.4g	Fiber	0g



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