



Salmon Salad

Ingredients

1 can of salmon
1/3 cup Greek yogurt
1/2 tsp minced garlic
1/2 tsp fresh dill
1/4 cup finely diced onions

Directions

1. In a bowl, mix together Greek yogurt, minced garlic, dill, and diced onions.
2. Add salmon and stir until salad is formed.
3. Serve with lettuce, on whole wheat or Ezekiel bread, in a low-carb wrap, or with whole grain crackers.

Nutrition Facts

Makes 2 servings
Calories 89
Carbs 3g
Fat 8g
Protein 22.5g