

Smoked Salmon Salad

Ingredients:

1 can (14 $\frac{3}{4}$ oz) Wild Alaskan Salmon
1 tablespoon mayonnaise (can use fat free mayonnaise)
 $\frac{1}{4}$ cup green onion – small dice
 $\frac{1}{4}$ cup red onion – small dice
 $\frac{1}{4}$ cup celery – small dice
1 tablespoon parsley – minced
1 teaspoon dried rosemary – crushed
1 teaspoon liquid smoke

Procedure:

Drain and flake salmon. (Remove skin and bones if necessary.)

Combine all ingredients; gently mix. Serve on slices of cucumber, zucchini or low-carb crackers, such as Flackers, Wasa Crisp and Light.

Nutritional:

$\frac{1}{2}$ cup provides about 21g. of protein; 3 blocks of protein + 3 blocks of fat. To create a balanced Zone meal, combine with your favorite carbs: Consider a Waldorf salad, broccoli with sun-dried tomatoes or spicy coleslaw.

