



ELIZABETH GABRIELSON
WELLNESS

Dill Salmon Salad

Ingredients:

- 1 5oz. can drained wild salmon (or tuna)
- 1/4 cup plain greek yogurt or mayo (or combination)
- 1 celery stalk, chopped
- 1/4 cup dill pickles, chopped
- 1/4 cup chopped fresh dill, cilantro and/or parsley
- 3 Tbs red onion, diced
- 1 Tbs dijon mustard
- 1 Tbs lemon juice
- 1/4 tsp each salt & fresh pepper
- Optional additions: chopped scallions, sweet onion, diced cucumber, diced bell peppers, everything bagel seasoning, cherry tomatoes

Directions:

1. Combine all ingredients together in a bowl and stir gently to combine.
2. Serve in avocado halves, whole wheat pitas, on top of salad greens, on toasted sourdough bread (even melt some cheese on top), or alongside seeded crackers!