

SIMPLE SALMON SANDWICH SPREAD

Ingredients:

1 can (7.5 oz.) Deming's
or Double Q Skinless-
Boneless salmon, drained
and chunked

1/4 cup low-fat mayonnaise

1/2 teaspoon dill weed

6 slices of white or whole
wheat bread

Tomato slices

Lettuce leafs

Optional: Mix 1/3 cup
chopped green onions and
celery and substitute for
lettuce and tomato

Directions:

In a medium size mixing bowl, thoroughly blend all ingredients except lettuce, tomato and bread. Spread on bread and top with tomato and lettuce.

Serves 3.

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