

*This simple salad is great for dinner or for taking along in your lunch. Loaded with Omega-3 fatty acids, salmon is a healthy and tasty choice!*



Serves 2-3

# Salmon Salad

2 salmon fillets (about 3/4 lb.)  
1/2 c. chopped celery  
1/2 c. chopped seeded peeled cucumber\*  
1/4 c. SCD yogurt  
1/4 c. Spectrum Organic mayonnaise  
3 green onions, chopped  
1/2 t. dry dill weed  
1/2 t. basil  
1/2 t. salt  
1/8 t. pepper  
Lettuce leaves  
Pita pockets for non-SCDers

\*Unwaxed cucumber does not need to be peeled.

Place 2 in. of water in a large skillet or pan; bring to a boil. Reduce heat; carefully add salmon. Poach, uncovered, for 6-12 minutes or until fish is firm and flakes easily with a fork. Remove salmon with a slotted spatula. Cool.

In a bowl, combine the celery, cucumber, yogurt, mayonnaise and seasonings. Flake the salmon; stir into salad mixture. Cover and refrigerate for at least 1 hour. Serve on a bed of lettuce or in lettuce-lined pita breads for non-SCDers.