

Salmon, Potato, and Green Bean Salad

From Great Food Fast, Dietitians of Canada, 2000

- 1 lb small new white potatoes, halved or quartered
- 1 cup green beans, cut into 2 inch pieces
- 1 green onion, chopped
- 1 cup halved cherry tomatoes or diced tomatoes
- 2 Tbsp chopped fresh basil (or 1 tsp dried)
- 1/3 cup bottled oil and vinegar type dressing
- 2 cans (7 ½ oz) salmon, drained, bones and skin removed
- Salt
- Black pepper

1. In a medium saucepan, gently boil potatoes for 10-15 minutes or until tender but firm, adding beans during last 4 minutes of cooking time. Drain and transfer vegetables to a large bowl.
2. Add green onion, tomatoes, and basil. Add dressing; toss gently to combine. Gently stir in salmon. Season to taste with salt and pepper. Chill before serving.

Serves four. Per Serving: Calories 295, Protein 18.9, Fat 13.5, Carbohydrates 25.3, Dietary Fiber 2.5, Sodium 666 mg



