

Mediterranean Salmon Salad

Ingredients:

4 each Salmon, canned, drained
1 each Bell pepper, small diced
1/2 each Red onion, small diced
1 cup 4% Cottage Cheese
1/4 cup Basil, fresh, chopped
1 each Lemon, Juiced
1/2 tsp. salt
1/4 tsp. Crushed red pepper flakes

Method:

- Combine all ingredients.
- Store in airtight container for up to 5 days in the refrigerator.

Serves: 6

Serving size: 1 cup

Calories: 335

Fat: 12g

Carbohydrates: 4g

Fiber: 1g

Protein: 54g