

Salmon & Roasted Pepper Hummus on Naan Bread

Think outside the sandwich! Fresh, crisp, colourful & delicious, this is a quick lunch or appetizer.

Serves 4 (½ Naan bread each) Prep time 15 min / Total time 15 min

INGREDIENTS

- 1 can (213 g) Gold Seal® Sockeye salmon, drained (skin & bones removed, if desired)
- ½ cup finely diced red pepper
- ½ cup finely diced celery
- ½ cup low fat mayonnaise
- ½ cup roasted red pepper hummus (found in the refrigerated section of your grocery store)
- 2 x 8" Naan breads
- ½ English cucumber, thinly sliced
- freshly cracked pepper, to taste

COOKING INSTRUCTIONS

1. In a small bowl mix salmon, peppers, celery and mayonnaise.
2. Spread hummus over each Naan bread and top with cucumber slices.
3. Spoon salmon mixture on top, season with pepper to taste, cut into halves & serve.

Ingredient of the day: Naan Bread

The first recorded history of Naan bread is found in Persia (AD 1300) at the imperial court of Delhi. Accompanied by kabab, it was a popular breakfast food of the royals. Naan resembles pita bread and is cooked in a tandoor, or clay oven, from which tandoori cooking takes its name.

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- Garnish with Alfalfa sprouts.
- Enjoy with a citrus salad or medley of greens.

NUTRITIONAL VALUES / SERVING:

Calories 189	Fiber 1 g
Fat 10 g	Cholesterol 25 mg
Sat Fat 1 g	Sodium 356 mg
Carbs 10 g	Sugar 1 g
Protein 14 g	Calcium 110 mg