

## Grilled Salmon Hash

Serve *Chilled* (for dip) and *Hot* (for main course)



### Totals for entire recipe:

Calories 279    Fat 14g    Fiber 3g    Carbs 12g

### *What you'll need:*

- |                                      |   |
|--------------------------------------|---|
| 4 oz grilled salmon – chunky chopped | Tony Chachere's Creole seasoning – to taste                   |
| ½ Green bell pepper finely chopped   | Garlic salt – to taste  |
| ½ Red bell pepper finely chopped     | Ground black pepper – to taste                                |
| ¼ Onion finely chopped               | <i>Maggi powdered chicken bouillon – for hot version only</i> |
| 2 T Fat free zesty Italian dressing  |   |
| 1 Gallon baggie                      |   |

### *Let's get to cooking! Chilled Version-*

1. Place chopped Salmon in a bowl.
2. Add all ingredients and lightly stir.
3. Place in gallon baggie and store overnight in the fridge.
4. Serve with toasted whole wheat bread (as pictured above) or your favorite low fat cracker.

### *Let's get to cooking! Hot Version-*

1. Place ¼ cup water in sauté' pan and add 1 tsp Maggi chicken Bouillon and bring to a boil.
2. Add bell peppers and onion and fake Sauté'
3. Add salmon, dressing and seasonings, fold in, heat and serve hot!

Having left over grilled salmon and wanting to re-create it, inspired this  
**Kitty's Lighter Weigh** recipe.