

Alaska Salmon Ciabatta Sandwiches

Prep Time: 10 minutes

Cook Time: 12 minutes

Servings: 4

Ingredients:

1/2 cup low-fat mayonnaise

1 Tablespoon fresh lime juice

1/2 teaspoon celery salt

4 ciabatta or hard sandwich rolls

4 Alaska Salmon fillets (4 to 6 oz. each), fresh, thawed or frozen

1 Tablespoon olive, canola, peanut or grapeseed oil

Salt and pepper, to taste 1 cup chopped green onions

4 leaves butter or curly leaf lettuce

Directions:

In small bowl, blend mayonnaise, lime juice, and celery salt; set aside. Slice sandwich rolls in half; toast or grill and keep warm.

Rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over and season with salt and pepper. Add green onions to bottom of pan. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon OR 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Blend cooked onions into mayonnaise mixture; thinly spread mayonnaise onto each cut side of roll. To serve, place a salmon fillet onto each roll bottom. Top salmon with dollop of mayonnaise; add a lettuce leaf and roll top.

Nutrients per serving: 521 calories, 23g total fat, 5g saturated fat, 40% calories from fat, 115mg cholesterol, 37g protein, 41g carbohydrate, 3g fiber, 846mg sodium, 115mg calcium and 1g omega-3 fatty acids.