

Open-faced kimchi salmon melt

Ingredients

- 1 5-ounce can skinless, boneless salmon
- 1 celery stalk, finely minced
- 1 scallion, minced
- 3 tablespoons low-fat plain Greek yogurt
- ½ cup kimchi, drained and well chopped
- 1 tablespoon olive oil mayonnaise
- 2 slices whole-grain bread
- 2 slices sharp white cheddar cheese
- 1 cucumber, sliced
- 1 tomato, sliced

Directions

- Combine salmon, celery, scallions, yogurt, kimchi and olive oil mayonnaise in a bowl and mix well.
- Coat large skillet with a little oil and heat on low.
- Place bread slices in skillet and top each with cheese.
- Spread the salmon mixture over the cheese.
- Cook on low heat until the cheese melts.
- Top with cucumber and tomato, then serve.



Nutritional information

Servings: 2

Cost: \$8.17/\$4.09 per serving

Calories: 463 per serving