



Scoopy Salmon Salad



1/2 of recipe (about 1 cup): 147 calories, 4g total fat (1.5g sat. fat), 568mg sodium, 7g carbs, 1g fiber, 2.5g sugars, 18.5g protein

Prep: 10 minutes

More: [Lunch & Dinner Recipes, 30 Minutes or Less](#)



Ingredients

2 tbsp. Dijonnaise (or creamy mild Dijon mustard)
1 tbsp. reduced-fat/light cream cheese, room temperature
2 tsp. lemon juice
6 oz. canned or pouched boneless skinless pink salmon, drained and flaked
1/2 cup quartered cherry or grape tomatoes
1/2 cup chopped cucumber
1/4 cup chopped red onion
1 1/2 tsp. capers, drained
Optional seasonings: salt and black pepper

Directions

In a large bowl, combine Dijonnaise, cream cheese, and lemon juice. Mix until smooth and uniform.

Add salmon, and stir to coat.

Add remaining ingredients, and mix well.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.