



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes



Tagged: [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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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