



Slammin' Smoked Salmon 'n Bacon B-fast Sandwich



Entire recipe: 242 calories, 10g total fat (4.5g sat. fat), 753mg sodium, 33g carbs, 7g fiber, 3.5g sugars, 15g protein

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Prep: 5 minutes **Cook:** 5 minutes

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Ingredients

- 1 light English muffin
- 1 slice turkey bacon or center-cut bacon
- 1 oz. roughly chopped smoked salmon with 300mg sodium or less per oz.
- 2 tbsp. light/reduced-fat cream cheese
- 1 tbsp. chopped red onion
- 1 tbsp. chopped cucumber
- 1 slice tomato

Directions

Split muffin into halves, and lightly toast.

Meanwhile, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Once cool enough to handle, chop or crumble bacon.

In a small bowl, mix salmon with cream cheese. Stir in bacon, onion, and cucumber.

Spread mixture onto the bottom half of the English muffin. Top with tomato and the top of the English muffin.

MAKES 1 SERVING

HG FYI: A version of this recipe appears in [Hungry Girl 200 Under 200](#), but we've given it a 2018 ingredient update! Nutritional info varies.

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