
Salmon Surprise Salad

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 can (16 ounce) salmon, drained and flaked
2 cans (7-1/2 ounce ea) minced clams, drained
3 hard-cooked eggs, chopped
1 can (8-1/2 ounce) water chestnuts, drained and sliced
1 1/2 cups sliced celery
1 can (3 ounce) chopped mushrooms, drained
1 cup mayonnaise or salad dressing
1 tablespoon lemon juice
lettuce

In a bowl, combine the salmon, clams, eggs, water chestnuts, celery and mushrooms.

In another bowl, combine the mayonnaise and lemon juice. Add to the salmon mixture, tossing lightly.

Chill.

Serve in individual lettuce-lined bowls.

Top with additional mayonnaise, if desired.

Yield: 8 to 10 servings

Salads

Per Serving (excluding unknown items): 381 Calories; 19g Fat (45.8% calories from fat); 39g Protein; 13g Carbohydrate; 4g Dietary Fiber; 680mg Cholesterol; 403mg Sodium. Exchanges: 5 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat.