

LOMI LOMI SALMON

Type: Side

Difficulty: Easy

Allergens: Fish

Prep Time: 10 minutes

Cook Time: 45 minutes

Yield: 10 servings

Source: [Keeping it Relle and Hawai'i Food Help](#)

Ingredients:

- 1/2 pound salted salmon or fresh salmon
- 1 bunch green onions
- 1 sweet onion
- 2 tomatoes



Instructions:

1. Finely dice salmon, green onion, sweet onion, and tomato.
2. Add ingredients to a medium sized bowl and toss to combine.
3. If using salted salmon, add a few ice cubes to the mixture and place in the fridge to stay cool. The ice cubes will help dilute the saltiness slightly as the ice melts.

Optional: To lessen the onion taste, soak cut onions in sugar water before, then rinse and strain. Or add less onion and adjust per your preference.

Learn more: hawaiidementia.org/brain-healthy-nutrition