

Salmon Spread

Rating: ★★ ★

Makes: 7 servings

Ingredients

- 1 can salmon (about 15 1/2 ounce)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1 cup yogurt, fat-free plain
- 1 tablespoon dill weed (dried)
- 4 green onion (chopped, or 1/4 cup onion, or onion powder to taste)
- parsley (for garnish)

Directions

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish.

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	2.5 g	4%
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	0 g	0%
Sodium	NA	