

Best Bagel Salmon Spread: 15 Minute Meal



INGREDIENTS:

2 packages (8 oz. each) light cream cheese
3 Tablespoons lemon juice
2 teaspoons low-fat milk
1/4 cup sliced green onions
1/4 to 1/2 teaspoon natural hickory liquid smoke
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked
Depending on your taste preferences, stir in only one of the following seasonings:
2 Tablespoons fresh chopped dill
1 fresh minced jalapeño pepper
1 teaspoon crushed red pepper flakes
1-1/2 teaspoons garlic herb seasoning
1 teaspoon blackened or Cajun seasonings
1 teaspoon "no-salt" seasoning

Best Bagel Salmon Spread: 15 Minute Meal

DIRECTIONS:

Beat cream cheese, lemon juice, milk, green onions, hickory smoke and only one seasoning with mixer until light and fluffy. Beat in salmon. Chill several hours for flavors to blend. Spread on toasted bagels, bagel chips, French bread slices, crackers, pumpernickel or rye bread.

Makes 4 cups.

NUTRITIONAL INFORMATION:

Nutrients per serving: 52.4 calories, 3.4g total fat, 1.8g saturated fat, 58% of calories from fat, 15.2mg cholesterol, 4.2g protein, 1.2g carbohydrate, 0g fiber, 114.7mg sodium, 44.8mg calcium and .3g omega-3 fatty acids.