

Salmon Bagel Chip Dippers: 20 Minute Meal



INGREDIENTS:

1 container (8 oz.) light cream cheese with chives or onions
2 Tablespoons low-fat milk
1/2 teaspoon dill weed
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
1 package (6 oz.) garlic or plain bagel chips
1 cup (4 oz.) shredded light or regular Mozzarella or Monterey Jack cheese
1 cup chopped ripe tomato
1/2 cup sliced green onions

Salmon Bagel Chip Dippers: 20 Minute Meal

DIRECTIONS:

Combine cream cheese, milk and dill weed in a small bowl. Stir 1/2 cup salmon chunks into cream cheese mixture. Arrange bagel chips in a single layer on two 12-inch microwave-safe dinner or serving plates. Randomly drop cream cheese mixture by teaspoonfuls over chips. Top with remaining salmon and shredded cheese. Cook (one plate at a time) in microwave oven 2-3 minutes on HIGH or until cheese melts. Top with tomato and green onions. Serve warm or at room temperature. Makes 12 appetizers or snack servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 222.3 calories, 11.2g total fat, 4.6g saturated fat, 43% of calories from fat, 35.1mg cholesterol, 14.6g protein, 18.8g carbohydrate, 2.1g fiber, 550.6mg sodium, 171.9mg calcium and .7g omega-3 fatty acids.