

Smoky Salmon Spread: 10 Minute Meal



INGREDIENTS:

2 packages (8 oz. each) light cream cheese
3 Tablespoons lemon juice
3 Tablespoons low-fat milk
1-1/2 teaspoons 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
1/4 cup thinly sliced green onions
3-4 drops natural hickory liquid smoke
Crackers or French bread rounds

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DIRECTIONS:

Beat cream cheese with lemon juice, milk and dill weed in mixer until light and fluffy. Beat in salmon and green onions until thoroughly combined. Season with liquid smoke to taste. Chill several hours before serving to allow flavors to blend. To serve, spread on crackers or French bread rounds.
Makes 25 servings, about 3-1/2 cups.

NUTRITIONAL INFORMATION:

Nutrients per serving: 67.9 calories, 4.3g total fat, 2.3g saturated fat, 58% of calories from fat, 19.5mg cholesterol, 5.4g protein, 1.6g carbohydrate, 0g fiber, 147.6mg sodium, 59.9mg calcium and .3g omega-3 fatty acids.