

Salmon-Veggie Party Dip: 15 Minute Meal



INGREDIENTS:

1 can or pouch (6 to 7.5 oz.) salmon, drained and chunked
1 package (10 oz.) frozen chopped spinach, thawed, and pressed
3/4 cup light sour cream
1/2 cup low-fat mayonnaise
1/2 cup each chopped parsley and chopped green onion
1 small jalapeño pepper, seeded and minced, if desired
1-1/2 teaspoons seafood seasoning or mesquite chicken seasoning
Juice of 1/2 small lime
Assorted raw vegetables and crackers

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DIRECTIONS:

Combine salmon with remaining ingredients, except vegetables and crackers. Chill several hours for flavors to blend. Serve dip with vegetables and crackers. Makes 40 servings, about 2-1/2 cups.

NUTRITIONAL INFORMATION:

Nutrients per serving: 26.1 calories, 1.7g total fat, .6g saturated fat, 60% of calories from fat, 4.4mg cholesterol, 1.6g protein, 1g carbohydrate, .2g fiber, 113.8mg sodium, 25.9mg calcium and .1g omega-3 fatty acids.