

Salmon Dip (makes 1-2 cups)

1 can Salmon, skin removed, drained (16 oz)
4 oz Cream cheese, plain, light
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1 Tbsp Fresh lemon juice
1/4 cup Onion, finely minced
1/2 tsp Red pepper sauce, such as Tabasco
1/2 tsp Prepared spicy mustard
2 Tbsp Fresh parsley, chopped

Open salmon and remove pieces of skin. Mash up soft bones. Drain. Place in a medium size bowl and flake apart with a fork. Add all other ingredients and mix thoroughly. Serve with whole grain or water crackers. Or, dip with fresh vegetables.

Recipe nutrition per 2 Tbsp Dip:

134 calories; 6 gm total fat; 3 saturated fat; 33 mg cholesterol; 453 mg sodium; 2 gm carbohydrates; 15 gm protein; 0 gm dietary fiber