

Salmon Spread

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/salmon-spread>

Ingredients

- 1 can salmon (about 15 ½ ounces)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1 cup yogurt, fat-free plain
- 1 tablespoon dill weed (dried)
- 4 green onion (chopped, or ¼ cup onion, or onion powder to taste)
- Parsley (for garnish)

Instructions

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish.

Makes 7 servings

Serving size: ¼ cup prepared spread, 1/7 of recipe

Nutrition information per serving

Calories: 97	Dietary Fiber: 0 g
Total Fat: 3 g	Sodium: 251 mg
Saturated Fat: 1 g	Protein: 13 g
Cholesterol: 32 mg	Carbohydrates: 4 g