

Salmon Spread

Ingredients:

- 15 ounces salmon, canned
- 1 small onion
- 1 tablespoon lemon juice
- 1 tablespoon horseradish, prepared
- 6 ounces nonfat yogurt, plain
- 1 tablespoon dill weed

Equipment:

- Mixing bowl
- Fork
- Knife
- Cutting board
- Measuring spoon

Number of Servings: 7
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. Drain salmon and place in a bowl. Use a fork to mash bones and remove skin.
2. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, in thin slices, keeping onion together. Turn and slice finely into a small dice. Add to bowl.
3. Add lemon juice, horseradish, yogurt, and dill weed.
4. Mix ingredients together with fork.
5. Serve on bread, crackers, or a rice cake.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1/3 cup	
Servings: 7	
Amount Per Serving	
Calories 202	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	6%
Cholesterol 37mg	12%
Sodium 489mg	20%
Potassium 743mg	21%
Total Carbohydrate 17g	6%
Dietary Fiber trace g	2%
Protein 23g	47%
Vitamin A 1%	Vitamin C 7%
Iron 5%	Calcium 53%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.