



Salmon Dip

Looking for a quick, and delicious appetizer? This creamy, smoky Easy Salmon Dip comes together in minutes and is packed with bold flavor and heart healthy fat from the salmon—perfect for last-minute gatherings or a delicious snack!

Serves: 6

Ingredients

- 1 can (14.75 ounce) canned salmon, drained
- 1 (8 ounce) package light cream cheese, softened
- ½ cup light sour cream
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried parsley
- ¼ teaspoon dried dill
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Directions

1. Place drained salmon in a bowl and stir in cream cheese, sour cream, lemon juice, garlic, parsley, dill, salt, and pepper.
2. Mix until combined and serve with crackers or bread.

Chefs Note: Kick it up a notch with a few dashes of Worcestershire sauce.

Nutrition Info per serving:

Calories: 200, Saturated Fat: 5.4 g, Sodium: 529 mg, Added Sugars: 0g, Fiber: 0 g
Protein: 18 g

Recipe adapted from:

<https://www.allrecipes.com/recipe/242230/easy-salmon-dip/>