

## SALMON DIP

Serves 10 | Serving size: ¼ cup per person

### INGREDIENTS

- 1 can (7 ¾ oz) salmon
- 1 pkg (8 oz) light or fat free cream cheese
- 1 tbsp/15 mL lemon juice
- 2 tbsp/30 mL onion, chopped finely
- 1 tbsp/15 mL horseradish
- dash pepper
- 1 tsp/5 mL liquid smoke (to have a smoked flavour), optional

### DIRECTIONS

- Measure and mix all ingredients together.

Encourage your family to eat more raw vegetables by serving them with dips other than creamy salad dressings.

Try this dip recipe that includes canned salmon which is a good source of protein.

