

Herbed Salmon Spread

Hands-on - 12 min.

Makes 24 Appetizers

This makes an excellent party appetizer. Serve inside a hollowed-out round loaf of pumpernickel bread and eat with the bread cubes. This is also wonderful served with bagel or pita chips, or crackers. Try it as a lunchtime sandwich spread!

2 cups plain nonfat yogurt

16 hours before serving:

Line a strainer with a paper coffee filter or cheesecloth. Place over a bowl. Spoon yogurt onto coffee filter, cover and refrigerate for 10 to 14 hours.

Yogurt will now be thick. Discard the collected liquid beneath or use it in soups or breads. Remove yogurt from the filter and place in a medium bowl.

1 can (15 oz) red or pink salmon packed in water, drained and picked over for skin and bones

1 T Miracle Whip Light

1 T fresh parsley, chopped

1 T green onion, tops and bottoms, chopped

1/4 tsp dill weed

1/4 tsp thyme

2 to 4 hours before serving:

Gently mix into yogurt. Refrigerate 2 or more hours before serving.

Note: If “water puddles” appear after the dip has sat awhile, simply stir.

6 whole-wheat pita breads (6-inch rounds)

Lightly toast each in a toaster and cut into triangles to serve. Also excellent served with *Bagel Chips* (page 37).

Nutrition information for approximately 2 T spread on 2 pita triangles

Calories	70	Fat	2 g	Fiber	1 g	Sodium	172 mg	Total Carbohydrate	8 g
		Saturated Fat	0 g	Cholesterol	5 mg	Protein	6 g	Sugars	2 g