

Salmon Spread

Serving size: 1/4 c.

Serves: 8



8 oz. grilled or smoked salmon, cooled and flaked
4 oz. whipped cream cheese
1 T. mayo
1 T. Red Hot
1 t. prepared horseradish
2 cloves garlic, finely minced
Salt and pepper to taste



In a bowl, combine all ingredients and mix well. Refrigerate for at least an hour to let the flavors come together.

Serve on a bagel, with crackers or bread, or with veggies for scooping.

Estimated calories: 82 cal/serving