

Salmon Dip

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This delicious salmon dip will be a huge hit at your next party or barbecue. Sesame seeds and ginger are added to the salmon and yogurt base for an interesting and delicious dip that is lighter than most.

Serve with crackers or crudite for a delicious and classic dip!

Ingredients:

8 oz of canned salmon
2 tablespoons of toasted sesame seeds
2 tablespoons of green onions, minced
¼ cup of mayonnaise
¼ cup of plain low-fat yogurt
½ teaspoon of ground ginger

Directions:

1. Drain and flake canned salmon. Set aside.
2. In medium bowl, combine mayonnaise, yogurt, sesame seeds, onions, and ginger. Combine. Add salmon and mix until combined.
3. Cover the bowl and refrigerate for a minimum of 90 minutes.

Serve cold with sliced vegetables, crackers, or sliced bread.

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