SMOKED SALMON BITES

INGREDIENTS:

¼ OUNCE	SMOKED SALMON
½ TABLESPOON	HERBED CREAM CHEESE, SEE RECIPE
1 SLICE	CUCUMBER

HERBED CREAM CHEESE:

½ CUP	CREAM CHEESE, NON-FAT, PLAIN
¼ CUP	GREEK YOGURT, NON-FAT, PLAIN
1 TEASPOON	DILL, MINCED
1 TABLESPOON	GARLIC, MINCED
2 TABLESPOONS	GREEN ONION, MINCED
¼ TEASPOON	GROUND BLACK PEPPER

• IN A FOOD PROCESSOR COMBINE ALL INGREDIENTS. BLEND WELL. MAKES 12 TABLESPOONS.

METHOD:

- On a sliced piece of cucumber top with herbed cream cheese and smoked salmon
- Serve cold

Servings: 1

Serving Size: ¼ ounce smoked salmon, 1 tablespoon cream cheese, 1 slice cucumber

Calories: 40

Fat: 2.5 gm **Sodium:** 85 mg **Carbohydrates:** 1 gm **Protein:** 2 gm