



*Egg Free • Gluten Free • Grain Free
Nut Free • No Added Sugar
30 Minutes or Less*

Lemon and Salmon Dip



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Lemon and Salmon Dip

INGREDIENTS

- 1 can pink salmon, 7 ounces, drained and deboned
- ¼ cup low fat sour cream
- ½ cup celery, finely chopped
- ¼ cup green onions, finely chopped
- 1 teaspoon dried parsley flakes
- ½ teaspoon lemon zest
- 1 teaspoon lemon juice
- Salt and pepper to taste
- ⅓ teaspoon paprika

DIRECTIONS

1. Combine all ingredients except paprika in small bowl. Mix well.
2. Sprinkle paprika evenly on top.
3. Cover and refrigerate. Serve chilled with assorted raw vegetables for dipping.

TIPS

- No salmon? Use canned tuna or chicken instead.
- Zest is grated lemon peel that adds tons of flavor. Before juicing, lightly rub a whole lemon against a cheese grater with smaller holes if you don't have a zester.

Appetizer | Serves 6