

This tasty dip is quick and easy and is super healthy! It's great as a snack and it's also great for lunch or a quick dinner. Try it in a sandwich with different breads like pita and tortillas or spread it on sliced bread, top with grated cheese and bake until melted.

Salmon Dip

1 can salmon, drained
1/4-1/2 cup Greek yogurt
1/4 cup green onion, chives or red onion, minced
1 tablespoon lemon juice
1/2 teaspoon dried dill
Salt and pepper to taste

Salmon is a great source of protein and has healthy oils for your brain and heart.

Greek yogurt is a calcium rich, low fat substitute for mayo

Hold back on the salt!
Canned salmon is already well seasoned.

In a medium bowl, flake the salmon. If you like a smooth spread, mash the salmon well.

Add all the other ingredients and stir well.

Refrigerate for 30 minutes for flavours to blend.

Serve with vegetables and crackers.

Makes 6 servings

Variations:

- experiment with different herbs and spices: oregano, parsley, cilantro, curry powder, mint, cayenne pepper, sriracha
- substitute baked or poached salmon, tuna, baked chicken or turkey