

Sesame Salmon Dip

Yield: 1-1/2 cups (375 mL)

Ingredients

1 cup (250 mL) plain low fat or fat-free yogurt
1 can (7-1/2 oz./213 g) salmon with bones, drained
1/4 cup (50 mL) green onions, chopped
1/4 cup (50 mL) finely chopped celery
2 cloves garlic, minced
2 Tbsp. (25 mL) toasted sesame seeds
dash hot pepper sauce
pinch each salt and pepper

fresh vegetables, cut into finger-sized pieces

Preparation

Spoon yogurt into paper towel-lined sieve set over bowl; refrigerate for about 8 hours or until thickened and reduced to about 1/2 cup (125 mL).

Toast sesame seeds in small skillet over medium heat, stirring, for 3 to 6 minutes or just until golden. Set aside to cool.

Drain salmon, discarding skin. In small bowl, mash salmon with bones. Stir in yogurt, onions, celery, garlic, sesame seeds, hot pepper sauce, salt and pepper.

Cover and refrigerate for at least 4 hours or up to 24 hours.

PER 2 TABLESPOONS (made with 2% M.F. yogurt)

(approximate values)

Calories: 50

Calcium: 85 mg

Vitamin D: 135 IU (using yogurt without vitamin D added)
175 IU (using yogurt with vitamin D added)