

Nutritionally Dense Salmon Cheese Dip / Fresh Veggie Stuffing

Ingredients

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| 7 1/2 oz canned wild red sockeye
before adding the contents of the | salmon (I removed the larger bones
can.) |
| 1/2 c minced green onions
use cream cheese instead, but I | 8 oz neufchÅtel cheese (You can
like the moisture of NeufchÅtel) |
| 1/4 oz walnut pieces (you can use | more if you wish) |
| 1 mineral salt to taste (be
saltier than others) | careful, some brands of salmon are |
| (to taste, but I get very heavy | 1 coarsely cracked black pepper
handed with the pepper on this one) |
| 1 pn powdered cayenne pepper | (Optional) |
| 1 pn powdered smoked paprika | (Optional) |

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Instructions

This is really simple.

In a large bowl, add the contents of the 7.5 oz can of salmon. I chose to fish out the larger spine bones, but keep the rest in there as long as you are committed to mashing them up. They're a great source of additional nutrients like calcium. If you do a great job mashing and mixing, no one will know they're even in there!

Next, add chunks of the Neufchâtel cheese with the minced green onions and mix everything super well. It will take a little longer than you may think for the mixture to become fully combined. Add the salt and pepper to taste, then either turn the mix out onto a serving dish (in a large ball) and top with the walnut pieces and optional spice dusting. Alternately, you can flatten out the mixture in a shallow dish and top it with the nuts and spices. I love this with cucumber slices and sliced vegetables. It's also great along with a green salad.

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``This recipe makes approx. 4 servings, here is the approximate nutritonal info for one serving:`<br`

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