

Smoked Salmon Dip

Melissa's Southern Style Cookbook



Yield: 2 cups

1 8 oz chive and onion cream cheese softened

1/2 cup sour cream

1/3 cup mayonnaise

2 tsp fresh lemon juice

1/2 teaspoon worcester sauce

1/2 teaspoon garlic salt

1/2 Teaspoon lemon pepper

1/2 teaspoon onion powder

6 oz smoked salmon

2 tsp chopped fresh dill plus additional for garnish

In a medium size mixing bowl using an electric mixer, whip together the cream cheese, sour cream, mayonnaise, lemon juice, worcestershire sauce, garlic salt, lemon pepper and onion powder.

Flake the salmon using a fork, Add to the creamed mixture with dill. Fold in by hand until evenly distributed.

Chill for 4 hours or overnight. Garnish with fresh dill. Serve with assorted crackers, pita chips, bread rounds or crudite.

Per Serving (excluding unknown items): 591 Calories; 43g Fat (65.1% calories from fat); 34g Protein; 18g Carbohydrate; trace Dietary Fiber; 111mg Cholesterol; 1686mg Sodium; 11g Total Sugars; 29mcg Vitamin D; 125mg Calcium; 2mg Iron; 468mg Potassium; 367mg Phosphorus. Exchanges: 3 1/2 Grain(Starch).