



PARTY DIPS!



Salmon dip

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This fishy dip uses canned salmon (an oily fish) which contains omega-3 fatty acids that help keep your heart healthy.

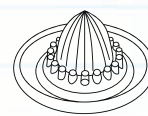
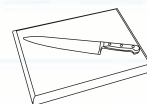
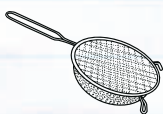
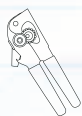


Ingredients

Serves 4

- 100g low fat soft cheese
- 100g canned salmon (in water)
- ½ lemon
- 150g low fat natural yogurt
- Chopped vegetables for dipping

Equipment



Method

1. Drain the salmon in the sieve over the sink.
2. Put the salmon into the mixing bowl and mash lightly with a fork.
3. Spoon the low fat soft cheese into the bowl.
4. Squeeze the juice from the lemon. Add the juice to the mixing bowl.
5. Mix all the ingredients together thoroughly.
6. If you want to make the dip a bit softer, add 1–2 x 10ml spoons of the yogurt.
7. Transfer the dip to a serving bowl and serve with your favourite chopped raw vegetables.

Top tips

- * Roll the lemon backwards and forwards on a table before you cut it in half. This makes it easier to juice.

Something to try next time

- * Try a low fat soft cheese with garlic and herbs or chop up some parsley or dill and add it to the plain cheese.
- * You could use mackerel, sardines or pilchards in place of the salmon.

Skills

Measuring



Juicing

