

Salmon Yogurt Spread

NUMBER OF SERVINGS: 4 to 6

Ingredients

- Canadian Mozzarella cheese, shredded ¼ cup (60 mL)
- Dahi yogurt or plain Greek-style yogurt ½ cup (125 mL)
- Salmon, well drained 1 can (7 ½ oz)
- Red onion, finely chopped ¼ cup (60 mL)
- Fresh dill, finely chopped 2 Tbsp (30 mL)
- Thai Red Curry Paste 2 tsp (10 mL)

Directions

1. In a medium bowl, mix all ingredients together. Serve with crackers or toasted bread.



In 2012, Ontario cows produced 2.6 billion litres of milk.



Probiotics are live bacteria that are found in fermented products such as yogurt. Research suggests that they can help maintain healthy bacteria in our gastrointestinal system as we age.



“The recipe was very easy to prepare. It makes a delicious appetizer on a cracker or an open-faced sandwich spread on toast for lunch along with veggies.” – Cathy, 75

NUTRITION PER SERVING

Calories 91 | Protein 11g | Fat 4 g | Carbohydrates 3 g | Fibre 0.3 g | Sodium 189 mg

Snacks



Recipe
and photo
provided by:



For more recipes go to
dairygoodness.ca.