

# Salmon Dip

---

*Provided by Placer/Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet*

Recipe type: Appetizer  
Serves: 2 (1/2 cup serving)  
Prep Time: 15 minutes  
Chill Time: 1 to 4 hours



## Ingredients

- 1 7-oz. can pink salmon, drained, flaked, and skin/bones removed
- 1 celery stalk, finely chopped (1/2 cup)
- 4 oz. light cream cheese, softened
- 1/4 cup light sour cream
- 1/2 clove garlic, minced
- 1 tablespoon lemon juice
- 1/2 teaspoon dried parsley
- 1/4 teaspoon dried dill weed
- Lemon zest to taste
- Salt and pepper to taste

## Directions

1. In a small bowl combine the salmon, celery, cream cheese, sour cream, garlic, lemon juice, parsley, and dill.
2. Add lemon zest, salt, and pepper to taste.
3. Cover and chill for 1 to 4 hours.

Serve this dip with whole grain crackers, sliced zucchini, or other seasonal vegetables.



[www.auburnfoodcloset.org](http://www.auburnfoodcloset.org)