Salmon Spread

Ingredients:
- 15 ounces salmon, canned
- 1 small onion
- 1 tablespoon lemon juice
- 1 tablespoon horseradish, prepared
- 6 ounces nonfat yogurt, plain
- 1 tablespoon dill weed

Equipment:
- Mixing bowl
- Fork
- Knife
- Cutting board
- Measuring spoon

Directions
1. Drain salmon and place in a bowl. Use a fork to mash bones and remove skin.
2. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, in thin slices, keeping onion together. Turn and slice finely into a small dice. Add to bowl.
3. Add lemon juice, horseradish, yogurt, and dill weed.
4. Mix ingredients together with fork.
5. Serve on bread, crackers, or a rice cake.

Nutrition Facts

- Calories: 202
- Total Fat: 4g
- Cholesterol: 37mg
- Sodium: 489mg
- Total Carbohydrate: 17g
- Dietary Fiber: trace
- Protein: 23g
- Vitamin A: 1%
- Vitamin C: 7%
- Iron: 5%
- Calcium: 53%

Number of Servings: 7
Prep Time: 10 minutes
Total time: 10 minutes