

Appetizers

Smoked Salmon-Pecan Spread

Per serving: 80 calories; 3gr protein; 4gr carbohydrates; 0gr fiber; 6gr fat; 1gr saturated fat; 7mg cholesterol; 195mg sodium.

8 ounces smoked salmon fillet
1/2 cup pecans, chopped and toasted
1/2 cup minced Vidalia onion
1/2 cup fresh chives, minced
1 cup reduced fat mayonnaise
1 tablespoon fresh lemon juice
1 tablespoon capers
salt and freshly ground black pepper to taste

Place salmon in the container of a food processor fitted with a steel blade and pulse a few times until well chopped. Transfer salmon to a mixing bowl.

Fold in pecans, onion and chives and stir. Add mayonnaise, lemon juice, capers and salt and pepper to taste.

Stir well, cover with plastic wrap and chill until serving time.

Per Serving (excluding unknown items): 402 Calories; 37g Fat (76.8% calories from fat); 6g Protein; 19g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 81mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates.