

Guy's Smoked Fish Spread

Arlene Borg - Grammy Guru

Hometown News

This recipe can be virtually fat-free by using fat-free mayonnaise.

1 pound fish fillets (tilapia, whitefish, grouper, etc.)

1 - 3 teaspoons liquid smoke

1 large scallion, finely chopped

seasoned salt

mayonnaise

Place the fillets in a microwave container.

Add liquid smoke according to taste, starting with one teaspoon.

Cover and microwave on HIGH until cooked (3 or more minutes), turning the fillets over halfway thru cooking.

Chill in the freezer until cold.

Drain and flake the fish with a fork.

Add the scallion and a little seasoned salt. Mix and taste, adding more liquid smoke and salt if needed.

Mix in just enough mayonnaise to moisten.

Chill and serve.

Per Serving (excluding unknown items): 5 Calories; trace Fat (3.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable.