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# Low-Calorie Salmon Spread

*Ann Smith Fitzgerald*

*Party Recipes from the Charleston Junior League - 1993*

**1/4 cup low-fat cottage cheese**  
**2 tablespoons olive oil**  
**1 can (7-1/2 ounces) red salmon, drained, picked over and bones removed**  
**1/4 cup plain yogurt**  
**4 tablespoons green bell peppers, finely chopped**  
**2 tablespoons onion, finely chopped**  
**1 tablespoon dried dill weed**  
**2 teaspoons white wine Worcestershire sauce**  
**1/4 teaspoon Tabasco sauce**

In the bowl of a food processor, place the cottage cheese. Process until creamy.

Transfer to a medium-size bowl. Mash in the olive oil, salmon and yogurt. Fold in the green pepper and onion. Add the dill weed, Worcestershire sauce and Tabasco. Stir

Refrigerate until ready to serve.

(This recipe can also be made into a dip as follows: Combine all of the ingredients in the bowl of a food processor. Process to the desired consistency for dipping.)

Yield: 1 1/2 cups

## **Appetizers**

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*Per Serving (excluding unknown items): 401 Calories; 32g Fat (71.4% calories from fat); 20g Protein; 9g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 99mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 6 Fat; 0 Other Carbohydrates.*