

Smoked Salmon Spread VI

Publix Aprons Simple Meals

Yield: 1 1/2 cups

4 green onions

1 package (8 ounce)

*Neufchatel cheese,
softened*

*4 ounces sliced smoked
salmon*

*1 teaspoon prepared
horseradish*

1 teaspoon Dijon mustard

Remove the wilted portions and root end of the green onions.

Process all of the ingredients in a food processor until well blended.

Serve with crackers, bagels or fresh vegetables.

Per Serving (excluding unknown items): 320 Calories; 27g Fat (74.0% calories from fat); 13g Protein; 9g Carbohydrate; 2g Dietary Fiber; 86mg Cholesterol; 541mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

