

3-ingredient Smoked Salmon Snack

This easy, no-cook snack is a healthy, flavorful alternative to chips and dip—just top whole grain crackers with fat-free cream cheese, smoked salmon, and fresh dill. Together, these ingredients provide a tasty balance of protein, healthy fats, fiber, and essential nutrients that support overall health. Enjoy it as an elegant appetizer or pair with a salad for a quick, balanced lunch.

Ingredients

One package of smoked salmon.
One small container of cream cheese (fat-free, or low-fat, any flavor)
Whole wheat crackers
Dried or fresh dill

Directions:

Open package of smoked salmon. Remove skin. Crumble into a bowl.
Top a cracker with a ½ teaspoon of cream cheese. Spread evenly.
Scoop a teaspoon of smoked salmon and place it on top of the cream cheese.
Sprinkle dill (fresh or dried) on top.

Notes:

- If you do not want to use smoked salmon, plan ahead to use baked, broiled or grilled. This recipe uses cooked salmon.
- Celery works great too, if you do not want to use a cracker.

