

Southern Delight®

Cedar Plank Salmon Party Dip

An Easy, Heart-Healthy Recipe

INGREDIENTS

1 16 oz. Container Fat Free Cottage Cheese
1 16 oz. Container Fat Free Sour Cream
6 Green Onions, thinly sliced
1/2- Fillet of Cedar Plank Baked Salmon (see recipe no. 314)
2 Tsp. Southern Delight Basil & Oregano No-Salt-Added Italian Seasoning Blend
Juice from 1/2 Lemon

DIRECTIONS

Process Fat Free Cottage Cheese in food processor until smooth (about 30 seconds). Transfer to medium mixing bowl. Add Fat Free Sour Cream, Basil & Oregano No-Salt-Added Seasoning, Green Onions and the juice from 1/2 Lemon. Stir to thoroughly combine. Refrigerate for at least one hour prior to serving. Serve with colorful sliced bell peppers, celery, carrot or zucchini sticks.

Serves 10-12. Remaining dip should be eaten within three days. Enjoy!

No Salt Added...*Just Great Taste!*™
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