

SALMON PATE

1. 1 sm. onion, minced
 2. 1 (1 lb.) can red salmon, skinned & boned
 3. 1 (8 oz.) pkg. cream cheese (low-fat is fine), softened
 4. 3 tbsp. lemon juice
 5. 1 tbsp. horseradish
 6. 2 tsp. dried dill
 7. 1/4 c. parsley leaves, firmly packed or (1/8 c. minced)
 8. 1/4 tsp. liquid smoke
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 2. 1 (1 lb.) can red salmon, skinned & boned
 3. 1 (8 oz.) pkg. cream cheese (low-fat is fine), softened

Instructions

1. Prepare in food processor.
2. Mince onions,
3. Add remaining ingredients.
4. Mix until smooth.
5. Stir in scallions, black olives or mushrooms if desired.
6. Refrigerate several hours.
7. Serve on toast, crackers, pita bread or sliced raw vegetables.