



Smoked Salmon Dip



1/4 of recipe (about 1/3 cup): 117 calories, 7.5g total fat (4g sat. fat), 353mg sodium, 5g carbs, <0.5g fiber, 3.5g sugars, 6.5g protein

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Prep: 5 minutes



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Ingredients

- 1/2 cup whipped cream cheese
- 1/3 cup light sour cream
- 1/4 cup canned sliced water chestnuts, drained and finely chopped
- 3 oz. chopped smoked salmon
- 2 tbsp. finely chopped red onion
- 2 tbsp. chopped fresh dill, or more for topping
- Optional toppings: capers, everything bagel seasoning
- Serving suggestions: sliced cucumber, carrots, whole grain crackers

Directions

In a medium bowl, combine all ingredients. Mix until uniform.

MAKES 4 SERVINGS

So easy... See? [Click to watch](#) it come together!

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