

Salmon Spread

One of the easiest ways to eat more salmon is to serve salmon spread. This is quick and easy to prepare, and super nourishing for our brain and heart. This is far better than tuna spread is this healthier version which is delicious as a side dish, or served with a tossed salad.

PREPARATION TIME: 5 Minutes **SERVES:** 2

Ingredients:

6 ounce	Canned salmon (wild Alaska pink or red salmon)
2 medium	Green onions, diced
1 Tbsp	Dijon mustard
2 Tbsp	Hummus (store-bought)
1 Tbsp	Capers
1 tsp	Lemon juice
1 medium	Celery stalk, diced
Optional	Hot sauce to taste

Directions:

Flake salmon. Mix with the remaining ingredients and serve.

Enjoy,

Steven Masley, MD