



Creamy Smoked Salmon Dip

Description

This creamy smoked salmon dip is easy to throw together and tastes great on crackers or served with vegetables. I found the recipe in *Real Simple Magazine* and I shared how I get lots of great recipes and ideas from *Real Simple* in [this post](#).

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My husband isn't a big fan of salmon, but I enjoy it and often order it when we eat out at restaurants. I'm always looking for healthy lunch ideas other than salads. I get bored eating the

same thing day in and day out and like having a variety of options. Smoked Salmon stays good in the refrigerator for a few days and makes a great appetizer or lunch. My friend Christine likes to eat it over crackers with a little lemon juice and capers sprinkled on top. You could also serve it over salad greens. I shared how you can serve it on top of deviled eggs [here](#) to give your eggs a little flair.

Salmon has numerous health benefits. It's great for your heart, mind, and eyes and is an excellent source of Vitamin D. I look for Wild Salmon when I'm shopping because it has the most benefits.

Wild salmon is often firmer and leaner and of a deeper red color than farmed Atlantic salmon. Smoked salmon is sold in vacuum packed pouches in the refrigerator section of the supermarket. I have also found it at Trader Joes and Costco.

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I really enjoyed smoked salmon in this dip. This creamy smoked salmon dip would be great spread on a bagel, pumpernickel or rye bread and topped with more salmon or just serve it with crackers and

vegetables. The recipe only makes about 4 servings so if you're making it for a party I would suggest doubling the recipe.

Creamy Smoked Salmon Dip

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Serves: 4 servings

Ingredients

- 4 oz. cream cheese, softened
- 2 oz. chopped smoked salmon
- 1 tbsp prepared horseradish
- 1/2 tsp finely grated lemon zest
- 1 tbsp lemon juice
- salt and pepper to taste

Instructions

1. Combine all the ingredients and mix until well blended.
2. Keep refrigerated until ready to eat.
3. Serve with crackers, bread or vegetables.

This [Bourbon Apple Cake Recipe](#) is also from Real Simple.



— BOURBON APPLE CAKE —

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