



Smoked Salmon

Amazing, Creamy, Slightly Chunky, but Definitely Awesome

This recipe is a heavily modified combination of the recipe from 2 different chefs, both ridiculously famous. I decided to meld their two recipes into a Terminator 1000 dip of smoked salmon destruction. I then WW-ified it with my own dastardly and diabolical point-cutting shenanigans. But, it's my job to keep you folks on your toes.

Ingredients:

- 8oz smoked salmon, diced into chunks
- 1-1/2 cups plain fat free Greek yogurt, strained overnight (at least 12 hours).
- 1/4 cup light mayonnaise (*GASP!!!)
- 1-1/2 tsp prepared horseradish sauce
- 2 Tbsp lemon juice
- 2 Tbsp water
- 1/4 cup diced red onion
- 2 tsp paprika
- 2 tsp smoked paprika
- 2 Tbsp finely chopped fresh dill
- 2 Tbsp finely chopped fresh chives
- 1/4 cup diced celery
- 1 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 to 1/2 tsp hot sauce, to taste (optional)

Serving Info.:

Yields: 3 cups
Serving Size: 1/4 cup
Servings: 12



- last checked 12/05/21 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

- 1 The night before you plan to make this, put the 32oz of fat free Greek yogurt into a colander lined with cheesecloth or paper coffee filters. Cover with plastic wrap and let it sit in the fridge, overnight.
- 2 Heat the red onions, lemon juice, water, paprika and smoked paprika in a small pot. Bring to a low simmer for 1 minute, then remove from heat. Pour the mixture into tupperware and let sit in the fridge for 1-2 hours. The hot liquid will turn the onions a vibrant red.
- 3 Place the strained Greek yogurt, mayo, horseradish, red onion mixture, dill, chives, celery, worcestershire, salt, pepper and hot sauce into a food processor. Add half of chopped the smoked salmon, then process until broken down and well combined.
- 4 Add the remaining diced smoked salmon into the processor. Pulse the food processor a few times to break down the salmon, but leaving chunks. Cover, put into the fridge and let rest for 1 hour. Taste, add more salt, pepper and hot sauce, if desired.

Note:

- If you want your dip to be chunkier, add the celery in step 4, rather than 3.