



## Smoked Whitefish Salad

### Ingredients (Makes 6 to 8 servings. Prep time: 30 minutes.)

12 ounces smoked whitefish, skin removed, roughly chopped  
½ cup light mayonnaise  
½ cup light sour cream  
½ cup celery, minced (about 1-2 ribs)  
½ cup green apple, diced  
2 tablespoons lemon juice  
2 tablespoons fresh chives, minced  
salt and pepper to taste

### Preparation

In a large mixing bowl, blend mayonnaise, sour cream, lemon juice and chives. Toss with the roughly-chopped whitefish, celery and apple, and season to taste with salt and pepper.

## Smoked Whitefish Salad

### Ingredient checklist

#### PRODUCE

- 1 green apple
- Celery
- 6 to 8 small tomatoes (optional)
- 1 lemon
- Fresh chives

#### GROCERY

- Light mayonnaise

#### REFRIGERATED/FROZEN

- Light sour cream

#### MEAT/SEAFOOD

- 12 ounces smoked whitefish

#### SPICES/SEASONINGS

- Sea salt
- Black pepper

### Serving suggestion

Stuff small tomatoes with this salad and serve with a crusty bread roll and a green salad. It also makes a lovely hors d'oeuvre served with fresh baguette slices, crostini, Matzo or other fine crackers.

### Nutritional information per serving

95 calories	3 g. carbohydrate
6 g. fat	05 g. fiber
32 mg. cholesterol	9 g. protein
34 mg. sodium	

*The nutritional values and information provided are approximations.*