



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Salmon & Cucumber Mini Smørrebrød

Ingredients:

- 1/4 cup sour cream
- 3 tablespoons nonfat plain Greek yogurt
- 16 slices cocktail-size thin rye or pumpernickel bread
- 16 slices cucumber
- 16 small sprigs fresh dill
- 16 slices Scandinavian-style cured salmon (gravad lax), or smoked salmon

Directions:

1. Combine sour cream and yogurt in a small bowl.
2. Top each slice of bread with a slice of cucumber, 1 teaspoon of the sour cream mixture, a sprig of dill and a slice of salmon.

Serves 16

91 calories, 2 g fat, 1 g saturated fat, 10 g carbohydrate, 1 g fiber, 7 g protein

Source: Million Hearts

