

Salmon Ball

14 3/4 oz. water-packed red salmon, drained,
flaked

3 small dill pickles, chopped

4 oz. fat-free cream cheese, softened

1 tbsp. lemon juice

1/2 tsp. dill, dried

1 tbsp. oregano

1/4 tsp. salt

1 pkt. sugar substitute

1/2 cup parsley, fresh, chopped

Combine all ingredients except parsley in a bowl and stir to blend. Shape into a ball and chill until ready to serve. Roll ball in chopped parsley. Serve with crackers. Makes 32 servings.

Nutrition information per serving: calories 29; protein 4 grams; fat 1 gram; sodium 119 mg