

5-Minute Salmon Dip

PREP TIME: 5 MIN | SERVINGS: 6

INGREDIENTS:

- 1 (14.75 oz) can pink salmon
- 3 green onions, finely sliced
- 2 oz red onion, finely sliced
- 4 tsp dried parsley
- 1/3 cup mayonnaise
- 1/4 Tsp salt
- 1/2 Tsp pepper

DIRECTIONS:

- Drain canned salmon and place in large bowl (bones and all). Mash with fork until large chunks of meat and bone have been broken up.
- Add sliced spring onions, diced red onion, and parsley.
- Add mayonnaise, salt and pepper.
- Stir until well incorporated. Adjust salt, pepper, and mayonnaise levels according to taste.

RECIPE NOTES:

- You can serve this with rice or as a fun snack with tortilla chips!
- You can use 1/4 cup fresh parsley instead of dried, or leave it out.
- Fun fact: canned salmon with bones is a good source of calcium!

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