



Smoked Salmon and Cucumber Canapes with Dill

MyPlate2Yours - Lynn Dugan

Ingredients

2 seedless cucumbers, peeled in stripes and cut in 1/2 inch pieces
1/2 cup Greek yogurt, non-fat, plain
1 tablespoon red onion, minced
1 teaspoon garlic, minced
1 teaspoon fresh dill, finely chopped
1/2 teaspoon salt
6 ounces smoked salmon
Fresh dill sprigs for garnish

Directions

Mix onion, garlic and dill into yogurt. Place cucumber slices on a plate. With a demitasse or baby spoon, carve out 1/4 inch deep well in center of each cucumber slice. Fill well with heaping teaspoon of seasoned yogurt. Top with small piece (1/4 ounce) of salmon. Garnish. Makes 2 dozen. Enjoy!