



SALMON BAGEL CHIP DIPPERS

- 1 (8 ounce) package reduced-fat cream cheese with chives
 - 2 tablespoons milk
 - 1/2 teaspoon dried dill
 - 1 (8 ounce) can salmon, drained and flaked, divided
 - 1 cup fine shredded Mozzarella cheese or Monterey Jack cheese
 - 1 bag (8 oz.) bagel chips
 - 3/4 cup ripe tomato, seeded, chopped
 - 1/2 cup chopped green onions
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Combine cream cheese, milk and dill weed in a small bowl. Stir 1/3 cup salmon chunks into cream cheese mixture. Arrange bagel chips on two microwave safe dinner or serving plates. Randomly drop cream cheese mixture by teaspoonfuls towards the center of the plate over chips. Top

with remaining salmon and shredded cheese. Cook (one plate at a time in microwave oven for about 2 minutes on high power or until cheese melts. Top with tomato and green onion. Serve warm or at room temperature.

Serves: about 6 to 8 appetizer servings

Preparation time: About 20 minutes

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Glutino Snack Recipes

Need something to go with your Glutino snack?

Try one of these delectable dips! These recipes are sure to please any crowd. They are perfect for parties or just to have as a snack!

Salmon Bagel Chip Dippers

- 1 (8 ounce) package reduced-fat cream cheese with chives
 - 2 tablespoons milk
 - 1/2 teaspoon dried dill
 - 1 (8 ounce) can salmon, drained and flaked or 3/4 cup finely chopped smoked salmon
 - 1 cup shredded Mozzarella cheese and Sharp Cheddar cheese (reduced fat is okay)
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- 1 bag Glutino Bagel Chips
 - 1 cup ripe tomato, chopped
 - 1/2 cup sliced green onions, optional
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Line a baking sheet with parchment paper. Set oven to broil and place rack on second highest position. Combine cream cheese, milk and dill in a small bowl. Stir 1/2 cup salmon into cream cheese mixture. Arrange bagel chips in a single layer on the baking sheet. Randomly drop cream cheese mixture by teaspoonfuls over chips. Top with remaining salmon and shredded cheese. Cook 2 to 3 minutes or until cheese melts. Remove from oven and top with tomato and green onions. Serve warm or at room temperature

SALMON BAGEL CHIP DIPPERS

20 Minute Meal

1 container (8 oz.) light cream cheese with chives or onions
2 Tablespoons low-fat milk
1/2 teaspoon dill weed
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack Alaska salmon OR 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked
1 package (6 oz.) garlic or plain bagel chips
1 cup (4 oz.) shredded light or regular Mozzarella or Monterey Jack cheese
1 cup chopped ripe tomato
1/2 cup sliced green onions

Combine cream cheese, milk and dill weed in a small bowl. Stir 1/2 cup salmon chunks into cream cheese mixture. Arrange bagel chips in a single layer on two 12-inch microwave-safe dinner or serving plates. Randomly drop cream cheese mixture by teaspoonfuls over chips. Top with remaining salmon and shredded cheese. Cook (one plate at a time) in microwave oven 2-3 minutes on HIGH or until cheese melts. Top with tomato and

green onions. Serve warm or at room temperature.

Makes 12 appetizers or snack servings.

Nutrients per serving: 222 calories, 11g total fat, 5g saturated fat, 43% of calories from fat, 35mg cholesterol, 15g protein, 19g carbohydrate, 2g fiber, 551mg sodium, 172mg calcium and .7g omega-3 fatty acids.

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