



## Lemon Dill Salmon Puree

*This recipe is delicious, light, and only 83 calories! For the 8g of protein it packs, we think that is a caloric bargain for the taste and nutrition profile it carries! This recipe is super simple and finished within minutes, making this perfect for busy afternoons, days in the office, or whenever you're in a pinch!*

### **Ingredients:** *(yields about a cup)*

- 1 can of salmon (preferably wild caught)
- ¼ tsp dried dill
- ¼ cup – ½ cup vegetable broth (homemade or store bought)
- 1 tsp extra virgin olive oil
- Zest of ¼ lemon

*(All ingredients can be adjusted according to taste and amount of salmon used.)*

### **Directions:**

- Place the can of salmon, dried dill, ¼ cup of broth, olive oil, and lemon zest into a small food processor. Puree until smooth.
- If the consistency is too thick, simply add more broth, one tablespoon at a time, pureeing each time until you get the desired consistency.
- Garnish with more dill and serve immediately or freeze to enjoy later!

*“It’s not a race. It’s a journey.”*

