

Low-Point Smoked Salmon Bites

Ingredients:

- *1 medium yellow squash
- 4 oz. 1/3 less-fat cream cheese
- 2 tsp. grated lemon rind
- 1 Tbs fresh lemon juice
- Cooked smoked salmon strips (each strip is 2 oz.)
- Salmon caviar
- fresh dill sprigs

* This recipe called for yellow or Chioggia beets but I could not find those anywhere, so I used yellow squash. However, feel free to serve on crackers, little breads, or anything that sounds good to you. (I went with squash because it adds zero points).

Cut the squash into slices (thick enough to hold appetizer; about 1/4" slices). Trim edges off sides of squash to form squares, if you'd like. Line squash squares on a serving tray or plate. In a small bowl, combine cream cheese, lemon rind, and lemon juice. Lay the salmon on the squash where one end of the salmon lines with the edge of the squash. Place a small dollop of cream cheese mixture (about 1/2 tsp.) on salmon and then fold the other side of the salmon over the mixture. Add another dollop of cream cheese mixture on top, garnish each with 2 or 3 caviar eggs, and fresh dill. Enjoy!

Total servings - 12

Serving size - 1

Total points per serving - 3

Total points plus per serving - 3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"If you really want to do something, you'll find a way. If you don't, you'll find an excuse." - Jim Rohn