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Wellness Ideas for Everyday Living.

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Salmon Pate

Makes about 1 cup

Ingredients:

¼ cup soft goat cheese
½ cup cooked salmon (or canned)
1 tbsp greek yogurt
½ tsp dried oregano (or 2 tbsp fresh chopped oregano)
1/8 cup roasted pecans, chopped

Directions:

1. In small bowl, mix goat cheese, yogurt, and oregano.
2. Flake salmon. We prefer left over cooked salmon which has been baked with spices. However you can use canned salmon if you prefer.
3. Fold in flaked salmon into goat cheese mixture.
4. Roast pecans in oven at 400° F for about 7 minutes, turning once half way. Let cool and chop.
5. Sprinkle pecan pieces on pate.
6. Serve with veggies or whole grain crackers.