

SMOKED TROUT SPREAD

Serves 12- 2 tablespoons 1 point also 1 pointsplus

Ingredients

1/4 pound smoked trout fillet, skinned and broken into pieces

1/2 cup 1 percent low-fat cottage cheese

1/4 cup coarsely chopped red onion

2 teaspoons fresh lemon juice

1 teaspoon hot pepper sauce

1/2 teaspoon Worcestershire sauce

1 celery stalk, diced

Directions

In a blender or food processor, combine the trout, cottage cheese, red onion, lemon juice, hot pepper sauce and Worcestershire. Process until smooth, stopping to scrape down the sides of the bowl as needed. Fold in the diced celery. Cover and refrigerate until just before serving. Makes 12 tablespoons.

You can sub any smoked white fish