



Smoked Trout Pate

- Prep Time: 15 mins
- Total Time: 15 mins
- Yield: 1.5 cup

Ingredients

- 1 8 oz container spreadable cream cheese
- 1 whole smoked trout, skinned and deboned
- 1/4 cup low-fat sour cream
- 2 chopped green onions
- 2 teaspoons prepared horseradish
- 1 tablespoon lemon juice
- fresh ground black pepper
- 1 tablespoon dill or 1 tablespoon parsley, roughly chopped

Directions

1. Reserve about 1/4 of the fish meat and flake it roughly.
2. Place the remaining ingredients except the herbs in a food processor and work until smooth.
3. Check for seasonings and maybe add a little more lemon juice.
4. Add the herbs and pulse briefly.
5. Scrape into a bowl, fold through the reserved fish and refrigerate covered until required.
6. Spoon into serving dishes and serve with bread, crackers and/or fresh veggie sticks.