



Smoked Salmon Crunchettes



1/5 of recipe (3 shells): 87 calories, 4.5g total fat (1.5g sat. fat), 167mg sodium, 8.5g carbs, 0g fiber, 1.5g sugars, 4g protein

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Prep: 10 minutes **Cook:** 5 minutes



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Ingredients

15 frozen mini phyllo shells
1/4 cup whipped cream cheese
3 tbsp. light sour cream
2 tbsp. canned sliced water chestnuts, drained and finely chopped
1 1/2 oz. chopped smoked salmon
1 tbsp. finely chopped red onion
1 tbsp. chopped fresh dill, or more for topping
Optional toppings: capers, everything bagel seasoning

Directions

Preheat oven to 350°F. Place shells on a baking sheet.

Bake until lightly browned, about 5 minutes.

In a medium bowl, combine all remaining ingredients. Mix until uniform.

Spoon filling into phyllo shells.

MAKES 5 SERVINGS

HG Tip: Make a DIY piping bag! Just transfer the filling to a plastic bag, and snip off a corner with scissors to create a hole for piping.

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