

**Glacier Bay Sandwich Bites: 20 Minute Meal**



**INGREDIENTS:**

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked  
8 ounces softened OR whipped light cream cheese  
1/4 teaspoon pepper blend seasoning  
1 Tablespoon lemon or lime juice  
16 pieces firm white or pumpernickel bread  
1 small cucumber, sliced thin or diced  
1 teaspoon dill weed  
Fresh dill or parsley sprigs for garnish, if desired

**Glacier Bay Sandwich Bites: 20 Minute Meal**

**DIRECTIONS:**

Spread: Blend salmon with cream cheese, pepper, and lemon or lime juice.  
Sandwiches: Trim crusts from bread; cut on diagonal into triangles or use large cookie cutters for shapes. Spread about 2 tablespoons of salmon mixture on half the bread triangles (or divide mixture onto all cut shapes for open-faced sandwiches).  
Top salmon with cucumbers; sprinkle on dill weed. Top triangles with remaining bread. Garnish with fresh dill or parsley sprigs, if desired.  
Makes 8 to 16 mini-sandwiches, about 2 cups spread.

**NUTRITIONAL INFORMATION:**

Nutrients per serving: 135.3 calories, 4.6g total fat, 2.1g saturated fat, 31% of calories from fat, 21mg cholesterol, 8.9g protein, 13.9g carbohydrate, 1.9g fiber, 386.2mg sodium, 95.1mg calcium and .5g omega-3 fatty acids.