

Grilled Potato and Smoked Salmon Canapes

Here is a different way to serve up a classic party favourite-smoked salmon. Using thinly-sliced potato rounds as the base gives these canapé's a delicious twist without compromising the taste of the topping.

3 red or white round Ontario potatoes (about 12-oz/375 g), scrubbed
2 tbsp (25 mL) extra virgin olive oil
2 tsp (10 mL) chopped fresh dill
1/4 tsp (1 mL) each salt and pepper
3/4 cup (175 mL) light cream cheese, softened
2 tbsp (25 mL) milk
2 tbsp (25 mL) finely diced red onion or shallot
1 tbsp (15 mL) chopped fresh Italian parsley
3 oz (90 g) smoked salmon slices
Fresh dill sprigs
Slice potatoes into 1/4-inch (7-mm) thick slices and place in large bowl. Add oil, dill, salt and pepper and toss to coat evenly.

Place potato slices on greased grill over medium high heat and grill for about 12 minutes, turning once or until golden brown and crisp on the outside and tender on the inside. Remove to large platter.

Meanwhile, in bowl beat together cream cheese, milk, onions, capers and parsley. Dollop cream cheese mixture evenly over potato slices. Cut smoked salmon into thin strips and place on top of cream cheese. Garnish with small fresh dill sprigs.

Makes about 24 slices.

Per 2 piece serving: 110 calories, 5 g protein, 7 g fat, 7 g carbohydrates, 1 g fibre, 170 mg sodium, 180 mg potassium

Source of Vitamins B3 and B12, Source of Iron, Source of Omega-3 Fatty Acids

Tip: Chop smoked salmon and stir into the cream cheese mixture and spread over potatoes.

Tip: Try other smoked fish like trout and mackerel to replace the salmon.

