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# Salmon Mousse

*Capers Alexander Grimball*

*Party Recipes from the Charleston Junior League - 1993*

*Accompany the mousse with a bowl of your favorite horseradish sauce.*

**2 envelopes unflavored gelatin**

**1 1/2 cups cold water**

**1 cup low-fat no-cholesterol mayonnaise**

**1/2 cup bottled French dressing**

**1/2 cup drained nonfat yogurt**

**1 can (14-1/4 ounce) pink salmon, drained, bones removed and mashed**

**1 small onion, finely chopped**

**1 cup celery, finely chopped**

Oil a 1-1/2-quart mold.

Place the gelatin and water in a small saucepan. Stir over low heat until the gelatin is dissolved, 3 to 5 minutes. Set aside to cool.

In a medium-size bowl, combine the mayonnaise, French dressing and yogurt. Stir in the gelatin. Chill until slightly thickened, about 30 minutes.

Fold in the salmon, onion and celery. Pour the mixture into the prepared mold.

Chill until set, two to three hours.

Yield: 8 to 10 servings

## **Appetizers**

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*Per Serving (excluding unknown items): 807 Calories; 3g Fat (3.5% calories from fat); 32g Protein; 168g Carbohydrate; 4g Dietary Fiber; 44mg Cholesterol; 607mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 1/2 Vegetable; 10 Other Carbohydrates.*