

Speedy Sockeye Salmon Dip

This is a really quick dip that you can bring to a potluck or make with less “mayo” to use a sandwich filling. Feel free to experiment with different types of cooked seafood such as [Vital Choice](#) sockeye salmon (I use canned Sockeye salmon with bones (extra calcium!), Sockeye Salmon Belly called Redtresca (yum!), Ventresca tuna, or Crab meat. You can change up the spice to create a different flavor! This is easy so have fun with it.



Ingredients:

- 1 can of Vital Choice Sockeye Salmon or other healthy seafood
- ¼ cup Primal Kitchen Avocado Mayo or homemade mayo
- ½ tsp Organic Curry Powder or Organic Dillweed seasoning
- Himalayan Crystal Salt to taste
- Optional Ingredients:
 - White or black pepper to taste
 - Approx. 2 TBSP chopped organic Cilantro (optional) or spring onions or both
 - ¼ cup chopped celery or other crunchy vegetable

Instructions:

1. Drain seafood (if using canned variety). Believe it or not, I actually drain it into a glass and drink it if it is from Vital Choice!
2. Dump seafood into a mixing bowl and smash with a fork into small pieces
3. Add spices and optional vegetables and mix.
4. Mix in mayo (you may use more or less depending on the consistency you desire) thoroughly.
5. Refrigerate or serve room temperature with organic crackers or raw organic vegetables.

Homemade Avocado Mayo (made ahead of time):

- 3 large pastured-raised chicken eggs
- 1 ¼ tsp dry or organic mustard
- ¾ - 1 tsp Himalayan Crystal salt
- ½ organic lemon juice
- 1 cup organic Avocado oil

Place eggs, mustard, salt and lemon juice into blender (I use a Vitamix) and blend on low. Slowly increase speed to about ½ max (Variable 5 on Vitamix). Begin drizzling oil slowly using a container with a spout into the mixture in a thin steady stream through the top of the blender. Slowly increase speed (Variable 10 on Vitamix) and drizzle in remaining oil (faster once it starts to thicken). When all the oil has been added, stop the blender and stir in any oil sitting on top. Refrigerate in a separate container (use within 10 days). Enjoy!

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