

# Personal Charcuterie Board (with salmon)

**HENRY  
FORD  
HEALTH**<sup>SM</sup>

in partnership with

**Kroger**<sup>SM</sup>  
FRESH FOR EVERYONE<sup>SM</sup>

Yield: 1 servings



## Ingredients:

4-ounce salmon fillet, raw  
1/8 teaspoon chili powder  
1/4 teaspoon dried dill, divided  
1/16 teaspoon (small pinch) salt  
Vegetable oil cooking spray  
2 Tablespoons sliced cucumbers  
2 teaspoons chopped red onion  
1/4 teaspoon paprika  
1/4 teaspoon garlic powder  
2 teaspoons red wine vinegar  
2 Tablespoons plain non-fat Greek yogurt  
1/2 teaspoon lemon juice  
4 reduced-sodium woven wheat crackers  
1 ounce low-fat Swiss cheese  
4 cherry tomatoes  
4 baby carrots  
1 small pear, sliced

## Directions:

1. Preheat oven to 400° F. Line small baking sheet with parchment paper. Place salmon on baking sheet and rub with chili powder, 1/8 teaspoon dried dill, and salt. Lightly coat with cooking spray.
2. Bake for 8-10 minutes or until fish is flaky. Set fish aside or chill in refrigerator.
3. In a small bowl, mix cucumber, onion, paprika, garlic powder, and red wine vinegar. Set aside and allow to marinate for 10 minutes.
4. In another small bowl, mix yogurt, 1/8 teaspoon dill, and lemon juice to use as a dipping sauce. Arrange chilled salmon, cucumber salad, yogurt dip, woven wheat crackers, cheese, cherry tomatoes, carrots, and sliced pear on a large plate.

## Nutritional information per serving:

Calories: 493

Fat: 13 grams

Saturated fat: 2.5 grams

Cholesterol: 63 mg

Sodium: 441 mg

Carbohydrates:

56 grams

Fiber: 11.5 grams

Protein: 38 grams

Food exchanges:

4 protein, 1 fruit,

2 vegetable, 1/2 milk,

1 1/2 carbohydrate

For a demo of this recipe, and for more wellness information, visit [HenryFord.com/recipes](https://HenryFord.com/recipes)