



SALMON SPANAKOPITA

1 can **Crown Prince Natural Skinless & Boneless Pink**

Salmon, drained and flaked

1 teaspoon olive oil

5 cloves garlic, minced

10 ounces fresh spinach, torn

1 tablespoon lemon juice

salt and pepper to taste

8 ounces frozen phyllo dough, thawed



Preheat oven to 350°F. Coat a baking sheet with nonstick cooking spray. Set aside. Heat oil in a large pan. Add garlic and cook for 1 minute. Add spinach and cook for 5 minutes, or until just softened. Add salmon, lemon juice, salt and pepper. Remove from heat and let cool.

Separate the phyllo dough into 4 equal size portions, each containing about 8 long rectangular sheets. Cover the dough not in use with plastic wrap to prevent it from drying out. Working with one portion of dough at a time, coat each sheet with nonstick cooking spray, then layer the sheets - one on top of the other. Spread one fourth of the spinach mixture on the short end of the dough. Starting from the end with the spinach, carefully roll the dough so that the spinach mixture is wrapped inside. Roll up halfway then fold in the sides. Continue rolling to make a tight packet. Place the packet seam side down on the prepared baking sheet. Repeat with remaining portions. Bake for 20 minutes, or until the phyllo dough is brown and crisp. *Serves 4.*

NOTE: For 8 ounces of phyllo dough, cut a 1 pound package of phyllo dough in half crosswise resulting in long rectangular sheets of dough. Freeze the remaining dough for another use.

Per Serving: 247 Calories (47 Calories from Fat), 5g Fat, 16g Protein, 34g Carbohydrate, 15mg Cholesterol, 488mg Sodium