



Salmon Pinwheels



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

- ½ cup **Gia Russa** Whole Grain Bread Crumbs, unseasoned
- 1 Tbsp **Crisco** light olive oil
- 1 Tbsp whole-grain mustard
- 1 Tbsp chopped shallot
- 1 Tbsp lemon juice
- 1 tsp chopped rinsed capers
- 1 tsp chopped fresh thyme or ½ teaspoon dried
- 1 ½ lbs center-cut salmon fillet, skinned & cut lengthwise into 4 strips
- 4 tsp low-fat mayonnaise

NUTRITIONALS

Nutritional analysis per serving:
 calories 310, calories from fat 120,
 total fat 13g, saturated fat 2g,
 cholesterol 115mg, sodium 240mg,
 total carbohydrate 3g, dietary fiber
 0g, sugars 2g, protein 44g, vitamin
 A 6%, vitamin C 4%, calcium 4%,
 iron 10%

DIRECTIONS:

1. Preheat oven to 400°F. Coat a 9 x 13 in. baking dish with cooking spray.
2. Mix breadcrumbs, oil, mustard, shallot, lemon juice, capers and thyme in a small bowl until combined.
3. Working with one at a time, spread 1 tsp mayonnaise on a salmon strip. Spread about 3 Tbsp of the breadcrumb mixture over the mayonnaise. Starting at one end, roll the salmon up tightly, tucking in any loose filling as you go. Insert a toothpick through the end to keep the pinwheel from unrolling. Place in the prepared dish. Repeat with the remaining salmon strips.
4. Bake the pinwheels until just cooked through, 15 to 20 minutes. Remove the toothpicks before serving.

Source: adapted from EatingWell magazine

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★ Salmon Pinwheels ★ Shopping List

PRODUCE:

- 1 shallot
- 1 lemon
- Fresh thyme (or dried)

MEAT/POULTRY/SEAFOOD:

- 1 ½ lbs center-cut salmon fillet

**GROCERY/FROZEN/
MISCELLANEOUS:**

- Gia Russa whole grain bread crumbs
- Crisco light olive oil
- Whole grain mustard
- 1 jar capers
- Low-fat mayonnaise

FOLD