

### Salmon Bundles: 30 Minute Meal



#### INGREDIENTS:

- 1 can or pouch (6 to 7.5 oz.) salmon, drained and chunked
- 1 package (3 oz.) softened cream cheese
- 1/4 cup sliced green onions
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon dill weed
- 1 package (8 oz.) regular or reduced-fat refrigerator crescent rolls

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#### DIRECTIONS:

Spread: In small bowl, blend salmon, cream cheese, green onions, lemon juice and dill weed.

Sandwich: Preheat oven to 350°F. Unroll dough; separate into 4 rectangles (double triangle pieces). On each rectangle, press the center diagonal seam together to make a solid crust. Spoon about 1/4 cup salmon filling near a short side of the rectangle. Fold over dough (short side) so edges meet. Press edges with a fork to seal. Transfer bundles to baking sheet; bake 15 to 17 minutes or until golden and puffy. Serve warm.

Spicy Variations: Make salmon mixture as directed. Blend in 1/4 cup shredded Parmesan cheese and 1/2 teaspoon Cajun, Mexican, pepper-blend seasoning OR pepper sauce.

Makes 4 servings.

#### NUTRITIONAL INFORMATION:

Nutrients per serving: 356.3 calories, 22g total fat, 8.1g saturated fat, 56% of calories from fat, 52.6mg cholesterol, 15.7g protein, 23.5g carbohydrate, .9g fiber, 792.2mg sodium, 145.7mg calcium and 1g omega-3 fatty acids.