

## Smoked Salmon & low-fat cream cheese pinwheel sandwiches



### Ingredients

150g Spreadable low-fat cream cheese  
Finely grated zest of 1 small lemon  
1 tbsp fresh dill, finely chopped  
1 x tablespoon baby capers, washed & finely chopped  
½ salad onion, finely diced  
1 pinch of salt  
1 pinch of freshly ground black pepper  
5 x slices white sandwich bread, crusts removed  
5 x slices multi grain sandwich bread, crusts removed  
1 handful spinach leaves  
100g Smoked Salmon Pieces (or smoked trout)

## Method

Mix the cream cheese, lemon zest, capers, dill, salad onion and salt and pepper in a large bowl.

Spread the mixture generously over the bread, going right to the edges.

Take 2 slices of bread (cream cheese side up) and join by overlapping 5mm at one end.

Do the same to the remaining slices until you have 5 rectangles.

With the shortest end facing you, cover the bread with a layer of spinach leaves, leaving 1cm at the top free of filling (this is where it will join when rolled up).

Then, place a thin, even layer of smoked salmon on top of the spinach.

Roll up reasonably firmly then place seam side down. Wrap in plastic wrap and refrigerate.

To serve, trim the ends off the rolls and slice each one into 6 pieces. Arrange on a platter.

## Healthier choices...

You could replace the salmon with poached shredded chicken if you prefer, and can use gluten-free bread also.