

Crispy Strawberry Napoleons

CRISPY STRAWBERRY NAPOLEONS

Serves 6; 1 napoleon per serving

- ¼ cup sugar
- 1 teaspoon ground cinnamon
- 3 sheets (about 12 x 16 1/2 inches)
frozen phyllo dough, thawed
- Butter-flavor vegetable oil spray
- 1 pint fresh strawberries, hulled and
sliced (about 2 cups)
- 2 tablespoons confectioners' sugar
- 2 cups frozen fat-free or light whipped
topping, thawed (about 5 ounces)
- Sifted confectioners' sugar (optional)

Phyllo dough provides a terrific low-fat alternative to puff pastry dough in these vibrant napoleons.

Preheat oven to 375° F. In a small bowl, stir together sugar and cinnamon. Cover phyllo with a damp dish towel or damp paper towels. Working quickly, lay 1 sheet of phyllo on a large sheet of cooking parchment; spray phyllo lightly but evenly with vegetable oil spray. Sprinkle with 1 tablespoon sugar mixture. Spray both sides of another sheet of phyllo, then stack it directly over first sheet; sprinkle with 1 tablespoon sugar mixture. Repeat with remaining phyllo; sprinkle with remaining sugar mixture. Using kitchen scissors, cut parchment and phyllo stack in half crosswise, forming two 12 x 8¼-inch rectangles. Transfer phyllo stacks, still on cooking parchment, to two baking sheets. Bake for 10 to 12 minutes, or until phyllo is golden brown and crisp. Using a long, sharp
(over)

knife, preferably a chef's knife, cut each cooled phyllo rectangle into six rectangles, 4 x 2 ¾ inches each. (To get this size, cut each rectangle into thirds crosswise and lengthwise.) Let cool completely on cooling racks. Meanwhile, in a medium bowl, combine strawberries and confectioners' sugar. To assemble, for each serving, arrange one phyllo rectangle on a serving plate and top with ¼ cup whipped topping and ¼ cup berries; repeat, then top with a third phyllo rectangle. Dust with confectioners' sugar.

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Nutrition Analysis Per Serving

CALORIES	128
PROTEIN.....	1 g
CARBOHYDRATES	28 g
FIBER	2 g
TOTAL FAT.....	1.0 g
Saturated	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	0.0 g
CHOLESTEROL	0 mg
SODIUM	60 mg



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