

Crispy Strawberry Napoleons

Serves 6; 1 napoleon per serving

Ingredients

1/4 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)

Directions

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 8 1/4-inch stacks. 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. Let cool completely on cooling racks. Cut each phyllo stack into nine stacks, 4 x 2 3/4 inches each. (To get this size, cut each into thirds crosswise and lengthwise. You'll have 18 stacks.)

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 1/4 cup whipped topping and 1/4 cup berries; repeat, then top with a third phyllo rectangle. Dust with confectioners' sugar.

Nutrition Analysis (per serving)

Calories 128; Protein 1 g; Carbohydrates 28 g; Fiber 1 g; Total Fat 1 g; Saturated Fat 0 g; Polyunsaturated Fat 0 g; Monounsaturated Fat 0 g; Cholesterol 0 mg; Sodium 60 mg

From American Heart Association Low-Fat & Luscious Desserts