Salmon Lasagna Salad

Ingredients

- 9 lasagna noodles
- 1 (15 1/2 oz) can salmon, bones removed and flaked
- 2 green onions, sliced thin
- 1 1/2 cups alfalfa sprouts
- 1 cup chopped seeded cucumber
- 1 medium tomato, seeded and chopped
- 1 (8 oz) can water chestnuts, drained and chopped
- 1 (8 oz) package cream cheese, softened
- 3/4 cup creamy buttermilk salad dressing
- 1 tsp dried dillweed
- 2 small tomatoes, thinly sliced

Instructions

1. Cook noodles according to package directions; drain. Rinse with cold water; drain again. Set aside.
2. In a bowl combine salmon and onions. In another bowl combine sprouts, cucumber, chopped tomato and water chestnuts.
3. Stir together cream cheese, salad dressing and dillweed (will make 1 1/2 cups dressing mix).
4. Stir 1/2 cup of the dressing mixture into salmon mixture. Stir 1/2 cup of the dressing mixture into the sprout mixture.
5. To assemble, line an 8 or 9 inch springform pan with noodles, extending noodles over sides of the pan.
6. Add half the salmon mix. Top with all the sprout mixture. Add remaining salmon mix.
7. Trim noodles to 1 1/2 inches over sides of the pan. Discard trimmings. Fold ends of noodles over top of salmon mix.
8. Spread remaining dressing mix on top of noodles to within 1 inch of edge.
9. Cover and chill 2 to 4 hours.
10. To serve: Arrange tomato slices on top. Cut into wedges. Yields 8 servings.

SALMON LASAGNA SALAD

9 lasagna noodles
1 15½ ounce can salmon, bones removed and flaked
2 green onions sliced thin
1½ cups alfalfa sprouts
1 cup chopped seeded cucumber
1 medium tomato, seeded and chopped
1 8 ounce can water chestnuts drained and chopped
1 8 ounce package cream cheese softened
3/4 cup creamy buttermilk salad dressing
1 teaspoon dried dillweed
2 small tomatoes thinly sliced

Cook noodles according to package directions; drain. Rins with cold water; drain again. Set aside. (Over)

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In a bowl combine salmon and onions. In another bowl combine sprouts, cucumber, chopped tomato and water chestnuts. Stir together cream cheese, salad dressing and dillweed (will make 1½ cups dressing mix). Stir ½ cup of the dressing mixture into salmon mixture. Stir ½ cup of the dressing mixture into the sprout mixture.

To assemble, line an 8 or 9 inch springform pan with noodle extending noodles over sides of the pan. Add half the salmon mix. Top with all the sprout mixture. Add remaining salmon mix. Trim noodles to 1½ inches over sides of the pan. Discard trimmings. Fold ends of noodles over top of salmon mix. Spread remaining dressing mix on to of noodles to within 1 inch of edge. Cover and chill 2 to 4 hours. To serve: Arrange tomato slices on top. Cu into wedges. Yields 8 servings. 409 calories per serving.

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