

Wrap-It-Up Salmon Sandwich: 20 Minute Meal



INGREDIENTS:

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked
8 ounces softened OR whipped light cream cheese
2 Tablespoons fresh chopped chives
1 Tablespoon lemon juice
2 teaspoons dried Italian seasoning or 2 Tablespoons chopped cilantro
1/2 teaspoon onion powder
1/2 teaspoon crushed red pepper flakes
4 large (10-inch) flour tortillas
4 large Romaine or curly lettuce leaves, center ribs removed
4 cups chopped or thinly sliced assorted fresh vegetables, such as cucumber, bean sprouts, tomato, celery, or shredded carrots/broccoli/cabbage

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DIRECTIONS:

Spread: In bowl, blend salmon, cream cheese, chives, lemon juice, Italian seasoning, onion powder, and pepper flakes.

Sandwich: On each of 4 tortillas, divide and spread salmon-cream cheese mixture to within 1/2 inch of edges. Lay a lettuce leaf over each tortilla. Top with one cup vegetables placed across middle of tortilla. Roll up envelope-style and slice on diagonal.

Makes 4 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 410 calories, 14.7g total fat, 5.2g saturated fat, 32% of calories from fat, 77.5mg cholesterol, 32.4g protein, 36.5g carbohydrate, 2.4g fiber, 1149.9mg sodium, 291.9mg calcium and 1.8g omega-3 fatty acids.