

Salmon Wraps

Serves 6 (1 wrap)

Ingredients:

- 4 ounces low fat cream cheese (Neufchatel)
- 1 can (14.75 ounces) salmon
- 3 tablespoons light Italian dressing
- 1/4 teaspoon ground black pepper
- 6 (8") whole wheat tortillas
- 1 tomato
- 1 cucumber
- 1 1/2 cups Romaine lettuce or spinach leaves, rinsed



Directions:

1. Soften cream cheese in medium bowl at room temperature or microwave for 10 seconds.
2. Wipe top of salmon can before opening. Drain salmon in a colander and rinse with water.
3. Add salmon, dressing, and pepper to cream cheese in medium bowl. Stir to blend.
4. Spread 1/3 cup filling on each tortilla. Spread to the edges.
5. Cut tomato into thin slices. Cut slices in half.
6. Cut cucumbers in half lengthwise. Scoop out seeds with a spoon. Lay on flat side and cut into narrow strips.
7. Lay lettuce or spinach leaves in the center of the tortilla. Top with tomato and cucumber down the center of the tortilla.
8. Roll up tightly. Serve immediately or refrigerate.

TIPS

- Small bones in canned salmon are soft, edible, and rich in calcium.
- Rinsing salmon removes about half of the sodium.
- Tuna can be used instead of salmon. Tuna has fewer omega 3 fatty acids.
- Cut each roll into 6–8 mini rolls for appetizers.

Nutrition Facts	
Serving Size 1 wrap	
Servings Per Recipe 6	
Amount Per Serving	
Calories 300	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 760mg	32%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 21g	
Vitamin A 30%	Vitamin C 10%
Calcium 20%	Iron 4%

Salmon Wraps

Serves 6 (1 wrap)

Ingredients:

- 4 ounces low fat cream cheese (Neufchatel)
- 1 can (14.75 ounces) salmon
- 3 tablespoons light Italian dressing
- 1/4 teaspoon ground black pepper
- 6 (8") whole wheat tortillas
- 1 tomato
- 1 cucumber
- 1 1/2 cups Romaine lettuce or spinach leaves, rinsed



Directions:

1. Soften cream cheese in medium bowl at room temperature or microwave for 10 seconds.
2. Wipe top of salmon can before opening. Drain salmon in a colander and rinse with water.
3. Add salmon, dressing, and pepper to cream cheese in medium bowl. Stir to blend.
4. Spread 1/3 cup filling on each tortilla. Spread to the edges.
5. Cut tomato into thin slices. Cut slices in half.
6. Cut cucumbers in half lengthwise. Scoop out seeds with a spoon. Lay on flat side and cut into narrow strips.
7. Lay lettuce or spinach leaves in the center of the tortilla. Top with tomato and cucumber down the center of the tortilla.
8. Roll up tightly. Serve immediately or refrigerate.

TIPS

- Small bones in canned salmon are soft, edible, and rich in calcium.
- Rinsing salmon removes about half of the sodium.
- Tuna can be used instead of salmon. Tuna has fewer omega 3 fatty acids.
- Cut each roll into 6–8 mini rolls for appetizers.

Nutrition Facts	
Serving Size 1 wrap	
Servings Per Recipe 6	
Amount Per Serving	
Calories 300	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 760mg	32%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 21g	
Vitamin A 30%	Vitamin C 10%
Calcium 20%	Iron 4%