

Canned Salmon Wraps Multiple Ways

Adapted from *Sweet Peas and Saffron* (Denise Bustard)

➤ Salmon Caesar (or Ranch) Wraps

Ingredients:

- Canned salmon
- Caesar or ranch dressing (low fat, low sodium)
- Tortillas
- Romaine or other lettuce

Swaps/Additions:

- Swap massaged (rubbed) kale for lettuce.
- Add sliced cucumbers, tomatoes, or radishes.
- Turn this into a lettuce wrap, sandwich, or eat it in a pita.

Directions:

1. Lay a tortilla flat and put ¼ cup of drained salmon in a line down the middle of the tortilla. Use a fork to flake the salmon apart.
2. Drizzle or spread 1 tablespoon of Caesar or ranch dressing over the salmon.
3. Top with lettuce, kale, and other veggies/toppings. Roll tortilla tightly and enjoy.

➤ Everything Bagel Salmon Wraps

Ingredients:

- Canned salmon
- Low-fat cream cheese
- Tortillas
- Everything bagel seasoning
- Sliced cucumbers
- Sliced bell peppers

Swaps/Additions:

- Swap hummus or goat cheese for the cream cheese
- Swap bell peppers for sprouts, sliced tomatoes, or shredded carrots
- Swap cucumbers for grilled or roasted zucchini

Directions:

1. Lay a tortilla flat and spread 1 ounce of cream cheese over half. Sprinkle with everything bagel seasoning.
2. Add ¼ cup of drained salmon in a line down the middle of the tortilla. Flake the salmon with a fork.
3. Top with veggies. Roll tortilla tightly and enjoy.

➤ Salmon Sushi Wraps

Ingredients:

- Canned salmon
- Cooked rice

- Tortillas
- Rice vinegar
- Seaweed
- Sliced cucumber
- Shredded carrots
- Sliced avocado

Swaps/Additions:

- Swap rice for cauliflower rice
- Swap cucumbers and carrots for sliced bell peppers, shredded cabbage or roasted mushrooms
- Swap avocado for 1 tsp. low-fat mayonnaise and a drizzle of sriracha

Directions:

1. Mix cooked rice with rice vinegar and seaweed. Use 2 tablespoons of vinegar and 1 sheet of seaweed for 1 ½ cups of cooked rice.
2. Add ½ cup rice mixture and ¼ cup of drained salmon in a line down the middle of the tortilla. Flake the salmon with a fork.
3. Top with veggies. Roll tortilla tightly and enjoy.

Canned salmon (or pork) can also be wrapped in rice paper with fresh mint, cilantro, lettuce, shredded carrots, and rice vermicelli for delicious spring rolls!