

Try it “Tuesdays”

Salmon Wraps

Makes: 6 servings—1 wrap

Ingredients

4 ounces low-fat cream cheese (Neufchatel)
1 can (14.75 ounces) salmon
3 tablespoons light Italian dressing
1/4 teaspoon black pepper
6 (8-inch) whole wheat tortillas
Rinsed lettuce or spinach leaves
1 cucumber
1 tomato

Directions

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

For more information, Contact your local EFNEP office

