

Salmon and Arugula Wraps



Ingredients:

4 oz cream cheese (fat-free, softened)
4 cups arugula
¼ tsp black pepper
4 oz cold smoked salmon (cut into 4 equal portions)
1 lemon (zested and juiced)
2 tsp olive oil
4 Whole-grain flatbread wraps

Directions:

1. Combine the cream cheese and lemon zest in a small bowl.
2. Add the arugula to a medium bowl. Drizzle 1 Tbsp lemon juice and the olive oil over the arugula. Sprinkle with the black pepper over the arugula and toss gently to coat.
3. Lay out one flatbread. Spread 1 ounce of the cream cheese mixture down the center of the flatbread. Top with 1 portion of salmon and 1 cup of dressed arugula. Wrap tightly and cut in half. Then, slice each half into four equal rounds.
4. Repeat for the remaining three wraps.

Nutritional Information

Calories 90
Total Fat..... 3 g
Saturated Fat 0 g
Cholesterolless than 5 mg
Total Carbohydrate.... 10 g
Dietary Fiber 5 g
Protein 9 g
Sodium 310 mg

Serving Size ½ wrap

Recipes yields.....8 servings

Prep time: 5 minutes

Adjusted from:

diabetesfoodhub.org/recipes/salmon-and-arugula-wraps.html