



## Smokey Salmon Lettuce Wraps



Entire recipe (3 wraps): 145 calories, 6g total fat (2g sat fat), 905mg sodium, 10.5g carbs, 2.75g fiber, 3.5g sugars, 15.5g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 5 minutes



### Ingredients

3 medium-large romaine lettuce leaves  
1 tbsp. fat-free cream cheese  
1/4 tsp. salt-free lemon pepper seasoning  
2 oz. smoked salmon  
1/2 tsp. dried minced onion  
1 small seedless cucumber, thinly sliced  
2 tbsp. sun-dried tomatoes packed in oil, drained and sliced

### Directions

Lay lettuce leaves on a plate, and evenly spread the inside of each with cream cheese. Sprinkle with lemon pepper seasoning, and top with smoked salmon.

Sprinkle salmon with minced onion. Equally distribute cucumber slices among the lettuce leaves. Evenly top with sun-dried tomatoes.

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.