



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

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Prep: 5 minutes



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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

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