

AVOCADO SALMON LETTUCE WRAPS AKA ADULT TUNA SALAD SANDWICHES

This recipe creates one serving.



INGREDIENTS

1 can of salmon (make sure it says boneless and skinless!)

1/2 ripe avocado

1 tbsp dijon mustard

1 tbsp green olives

1 tbsp sliced jalapeños

a dash of your favourite hot sauce

1 large leaf of iceberg lettuce

salt and pepper, to taste



EQUIPMENT

Can opener

Bowl

Spoon

NUTRITION FACTS PER SERVING

Calories: 254

Total Fat: 17.2g

Saturated Fat: 3.3g

Sodium: 206mg

Potassium: 576mg

Carbs: 6.9g

Fiber: 5.2g

Protein: 13.0g



METHOD

1. Open the can of salmon and drain out the water. Scoop out the avocado from its skin.
2. In a medium sized bowl, mash the avocado with the salmon until desired consistency is reached.
3. Add in the dijon mustard, mix well. Add in olives, jalapeños, salt and pepper, mix.
4. Place salmon mixture into the centre of a large piece of iceberg. Add a dash of hot sauce if desired.
5. To create the triangle shape, first fold up from the bottom, then fold down from the sides. Enjoy!

