

Mark's Kitchen

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Salmon Salad Wraps

Serves: 4

Ready in: 25 minutes

When you trade a less nutritious food for a higher-quality food without losing the personality of the dish, I call it a “swap.” In this recipe, swap that blood sugar–spiking tortilla for crisp butter lettuce to enjoy a low-glycemic meal that satisfies both your taste buds and your waistline.

- 1 teaspoon sea salt, divided
- juice of 1 lemon
- 2 (8-ounce) boneless, skinless wild salmon fillets
- 1 large yellow bell pepper, seeded and finely chopped
- 2 tablespoons finely chopped red onion
- 1 tablespoon finely chopped jalapeño
- 1 tablespoon rinsed capers, finely chopped
- 3 tablespoons fresh lime juice
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons finely chopped fresh cilantro
- 12 butter lettuce leaves
- 2 avocados, pitted, peeled, and sliced

Step 1: In a large skillet, bring 6 cups of water and 1/2 teaspoon salt to a boil over high heat. Add the lemon juice. Gently slide the salmon fillets into the boiling water. Reduce the heat to a low simmer and poach until the salmon is cooked through and opaque, about 5 minutes. Remove from the water and set aside to cool to room temperature, 5 to 10 minutes. When cooled, flake into small pieces.

Step 2: Meanwhile, in a large bowl, combine the bell pepper, onion, jalapeño, capers, lime juice, oil, and remaining 1/2 teaspoon salt and mix well. Let the salad stand while the salmon cooks and cools, then gently fold the flaked salmon and cilantro into the salad.

Step 3: Divide the lettuce leaves among four serving plates. Then divide the salmon mixture into 12 portions and spoon a portion onto each leaf. Top the salmon mixture

with the sliced avocado, fold the lettuce around the salmon and avocado to form a wrap, and then serve seam-side down.

Nutritional analysis per serving (3 wraps): Calories: 370, Fat: 26 g, Saturated Fat: 4 g, Cholesterol: 60 mg, Fiber: 8 g, Protein: 25 g, Carbohydrates: 14 g, Sodium: 550 mg