



Salmon Avocado Wrap



Ingredients:

- Salmon 4.5 oz
- Avocado, 2 tbsp(s) (1.1oz)
- Whole-wheat tortilla, 1 tortilla(s) (1.4oz)
- Carrot, shredded, 0.5 cup(s) (1.9oz)
- Cucumber, 1 small, sliced into ribbons (5.6oz)
- Optional: Fresh dill, Fresh mint
Fresh chives or green onion

Instructions:

In a bowl, combine the salmon and avocado. Mash with a fork to break up any larger salmon flakes. Spread salmon and avocado over the tortilla. Top with carrots and cucumber. Roll tortilla to make a wrap. Serve any leftover carrot or cucumber on the side.

Enjoy!

- **Total Calories: 367**
- **Protein: 30g**
- **Fat: 12g**
- **Carbohydrates: 35g**