



Poached Ginger Lemon Salmon Lettuce Wraps

Anything you can put into a sandwich or a taco, you can put into a lettuce wrap. Soft, buttery Boston lettuce OR firm and crunchy romaine.

Either way, replacing bread and taco shells is a nutrition WIN! This is a yummy and easy recipe that you can customize and make your own. Sometimes I substitute lime juice instead of lemon. Often, I use wasabi mayo for added spiciness. I'll even dice up some apple for a bit of sweetness. You can switch up the salmon with shrimp, chicken, or beans—and viola—the perfect lunch, dinner, or snack.

INGREDIENTS

12 oz. skinless salmon fillets, cut in two, even pieces

Marinade

½ TSP Kosher salt

1 TSP grated fresh ginger root

Poaching Liquid

4 cups water

1½ TSP Kosher salt

Slice of lemon

1 TSP raw honey

1 TSP lemon juice

Vegetables

¾ cup of cucumber, diced

2/3 cup peeled, small jicama; diced

¼ onion, diced

¼ cup of red pepper, diced

½ ripe avocado

3 TBSP fresh dill, chopped

1 TSP grated lime zest

2 TBSP fresh lime juice

2 TSP grated fresh ginger

½ TSP Kosher salt

2 TBSP mayo

6 large leaves of Boston lettuce

DIRECTIONS

Marinate salmon fillets: Rub with ½ TSP Kosher salt and 1 TSP of grated ginger. Set in refrigerator to chill for 30 minutes while you prep the other ingredients.

Poaching liquid: Place water, salt, honey, and a slice of lemon in a pot wide enough to hold the salmon fillets. Bring to a boil and let simmer for about 5 minutes. Add the salmon fillets that have been marinating in ginger and salt to the poaching liquid. Return to a low simmer and cook for about 4 minutes. When just cooked through, remove from poaching liquid and place in a bowl. Once the salmon has cooled enough to touch, break up gently into large flakes. Toss with 1 TBSP of mayo and 1 TSP of lemon juice.

Veggies: In a medium bowl, toss together the diced cucumbers, jicama, onion, avocado, dill, lime zest, lime juice, grated ginger, and salt. Fold in the remaining 1 TBSP mayo. Set aside for the flavors to blend.

Assemble: On each lettuce leaf, place a few chunks of salmon and a large spoonful of the veggie/dill mixture. Fold up the lettuce wrap and enjoy. Makes 6 wraps; 180 calories each.