



Ginger Salmon Lettuce Wraps

INGREDIENTS

12 oz. skinless salmon fillets, cut in two, even pieces
6 large leaves of Romaine or Boston lettuce

Marinade

½ TSP Kosher salt
1 TSP grated fresh ginger root

Poaching Liquid

4 cups water
1½ TSP Kosher salt
1 TSP lemon juice
1 TSP raw honey

Vegetables

¾ cup of cucumber, diced
2/3 cup peeled, small jicama; diced
¼ onion and red bell pepper, diced
½ ripe avocado
3 TBSP fresh dill, chopped
1 TSP grated lemon and lime zest
2 TSP grated fresh ginger
½ TSP Kosher salt
2 TBSP mayo

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.