Snack

Lemony Smoked Salmon Pinwheel Wraps

A lemony cream cheese spread, cold smoked salmon, and lightly dressed arugula are layered on whole grain flatbreads, then rolled up and sliced into bite sized rounds.



Nut free

5 min	90	12 g	3 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 4 oz cream cheese (fat-free, softened)
- [ ] 2 tbsp lemon juice (from 1 med lemon)
- [ ] 1 tsp lemon zest (from 1 med lemon)
- [ ] 4 cup arugula
- [ ] 2 tsp olive oil
- [ ] 1/4 tsp black pepper
- [ ] 4 whole grain flatbread wraps
- [ ] 4 oz cold smoked salmon (cut into 4 equal portions)

Method

- [ ] **1** In a small bowl, mash the softened cream cheese together with the lemon zest until the mixture turns smooth.
- [ ] **2** Pile the arugula into a medium bowl, pour 1 tbsp of the lemon juice and the olive oil over the leaves, season with the black pepper, and turn everything gently so each leaf gets coated.
- [ ] **3** Set a whole grain flatbread wrap on the counter and coat the center strip with 1 oz of the cream cheese mixture.
- [ ] **4** Arrange 1 portion of the cold smoked salmon on top of the spread, then pile 1 cup of the dressed arugula over the salmon.
- [ ] **5** Roll the flatbread into a tight log, halve it, and cut each half into four equal rounds.
- [ ] **6** Put together the remaining three wraps the same way with the rest of the ingredients.

Nutrition Facts

Per serving

Calories	**90**
Total fat	3 g
Saturated fat	0 g
Sodium	330 mg
Total carbs	12 g
Fiber	0 g
Total sugars	3 g
Protein	9 g

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