

Salmon Wrap with Sautéed Vegetables

Recipe By *Draizy Werberger*



Cooking and Prep:  40
m

Serves:  4

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Pescetarian

Source: Whisk by Ami
Magazine

Repurpose last night's salmon supper to make this quick, healthy lunch option even easier.

Ingredients (9)

Main ingredients

- 4 skinless salmon fillets
- Gefen Soy Sauce
- Glicks Cooking Spray
- 1 onion, cut in half-rings
- 1 large zucchini, not peeled, cut into half circles
- 1 red pepper, cut into strips

salt

pepper

4 whole wheat tortilla wraps

Start Cooking

Make the Wraps

This dish is colorful and tasty. It'll make you totally forget that you're on a diet. (You can even try it if you're one of the lucky ones who doesn't have to watch her weight.)

1. Place salmon fillets on a cookie sheet and brush liberally with soy sauce. Broil salmon slices for 15 minutes. Let cool.
2. Spray a large frying pan with cooking spray and place over medium heat. When cooking spray is hot, place onions in the pan and lower heat. Sauté onions until soft, about five minutes.
3. Add zucchini and sauté an additional five minutes. Add red pepper strips and sauté all vegetables for an additional 15 minutes. Season with salt and pepper to taste. Let cool.
4. Using one tortilla wrap at a time, place a quarter of the sautéed vegetables down the center of the wrap. Place one salmon fillet on top of the vegetables and roll the wrap. Place seam-side down and cut in half on the diagonal. Repeat with remaining wraps, vegetables, and salmon.

Note:

This dish is extremely convenient as it can be made in advance; just let all the ingredients come to room temperature before assembling.

Variation:

This is just my favorite combination of vegetables, and I love the colors, but you can also try celery, carrots, and green pepper, or mushrooms, yellow squash, and garlic.