

Smoked Salmon Chard Wraps

Recipe By *Martina Slajerova*



Cooking and Prep:  10
m

Serves:  2

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Passover, Nine
Days

Diet: Pescetarian, Gluten

Free, Low Carb, Sugar Free

An easy-to-prepare lunchbox meal, these wraps have the perfect balance of carbs, protein, and healthy fats!

Ingredients (6)

Main ingredients

- 4–8 chard collard leaves (120 grams/4.2 ounces)
- 1/2 medium (100 grams/3.5 ounces) cucumber
- 1 small (100 grams/3.5 ounces) avocado
- 3.5 ounces (100 grams) smoked salmon
- 1 tablespoon (15 milliliters/0.5 ounces) fresh lemon juice

1 tablespoon (4 grams/0.1 ounces) freshly chopped dill or chives

Start Cooking

Prepare the Wraps

1. Bring a large pot of water to a boil and blanch the chard leaves for 20 to 30 seconds. Using tongs, immediately remove the leaves from the boiling water and plunge them into a bowl of ice water.
2. Drain and dry the leaves on a clean dish towel or paper towels. Place them, one at a time, on chopping boards, cut the stems off, and set aside.
3. Peel and cut the cucumber into thin strips. Peel and slice the avocado, and set aside. Drizzle the salmon with lemon juice.
4. To assemble, place the salmon in the center of one or two chard leaves. Spoon the cream cheese on top of the salmon. Add the dill, cucumber, and avocado. Make sure you leave some space on each side.
5. Fold the long sides of the leaf over the filling. Roll up the chard wrap tightly. Secure with a toothpick, if necessary. Eat immediately or store in the fridge for up to two days.

Note:

Nutritional Facts Per Serving (2 wraps)

Total carbs: 10.2 g Fiber: 4.8 g Net carbs: 5.3 g Protein: 15.8 g Fat: 26.5 g Energy: 305 kcal Macronutrient ratio: Calories from carbs (6%), protein (20%), fat (74%)

About

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