

Cancer Prevention and Wellness

Salmon and Chive Cream Cheese Wraps

Tortillas, regular and fat-free, are easily found in supermarkets. The flour tortillas are available in many different flavors: white, whole wheat, jalapeno, sesame, spinach, and tomato, making for colorful and flavorful wraps.

Makes 1 serving – multiply by the number you wish to make

1	12-inch whole wheat or spinach tortilla	2 oz.	Thinly sliced smoked salmon
2 Tsp.	Fresh chopped chives	½ cup	Watercress leaves
1 Tsp.	Dijon mustard		
2 Tbsp.	Fat-free cream cheese		

Heat a non-stick skillet over medium-high heat on the stove. Using a pastry brush, brush tortillas with olive oil. Grill each tortilla lightly on one side for no longer than 1 minute (the tortillas should be soft and easy to roll). Transfer tortillas, heated side down, to work surface. In a small bowl, mix the chives and mustard into the cream cheese. Spread the cream cheese mixture evenly over the tortilla leaving a 1-inch border. Lay the salmon slices over the cream cheese. Spread the watercress over salmon. Fold about an inch of the tortilla from top and bottom over the filling. Turn the wrap sideways and roll it up.

Per serving:

Calories	Protein	Carbohydrates	Fat	Saturated Fat	Cholesterol	Fiber
164	17g	15g	3g	1g	16mg	9g

% of Calories: 37% Carbohydrate; 44% Protein; 19% Fat

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"Ask-the-Chef" - Go to www.mskcc.org and look under Wellness.



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