

SALMON LETTUCE CUPS

2 Servings

INGREDIENTS

1 can salmon, drained
1 cup shredded carrots
½ cup finely chopped celery
½ cup finely chopped fennel bulb
1 green onion, sliced
3 tbsp low fat mayonnaise
Salt and pepper to taste
1 head romaine, separated into leaves

DIRECTIONS

Step 1

Combine first 7 ingredients. Divide equally among romaine leaves.

Step 2

Enjoy!

NUTRITION

Calories: 300

Fat: 22g

Saturated Fat: 3g

Protein: 23g

Carbohydrates: 8g

Fiber: 3g

Sodium: 361mg

SHOPPING LIST

Canned Salmon

Green Onion

Carrot

Celery

Fennel Bulb

Low Fat Mayonnaise

Romaine lettuce