

## Salmon Salad Roll-Up

(makes 4 sandwiches) calories 310 fat 3.5 gm

1-7.5 ounce can red salmon, drained (any type of salmon can be used.

Red salmon has more calcium than others.)

½ cup diced cucumber

¼ cup sliced green onion

¼ cup sliced red bell pepper

2 ripe plum tomatoes, diced

1/3 cup fat-free plain yogurt

4 flour tortillas

1. Toss all ingredients for salad together in a medium sized mixing bowl.
2. Warm the four tortillas just slightly in a toaster oven or microwave.
3. Roll each one with a quarter of the salmon salad.