

LUNCH / HIGH PROTEIN



High-Protein Smoked Salmon Avocado Lettuce Cups

Smoked salmon, avocado, edamame, cucumber, and sesame tucked into crisp butter lettuce for a fast, no-cook lunch.

5 min

1 serving

Lunch

high-protein

low-carb

quick

421

Calories / serving

42g

Protein / serving

20g

Carbs / serving

22g

Fat / serving



Ingredients

- 4 leaf, medium butterhead lettuce (includes boston and bibb types) (30 g)
- 1/2 medium avocado, chopped (75 g)
- 1/2 cup edamame (shelled) (cooked) (85 g)
- 1/4 medium cucumber (thinly sliced) (50.25 g)
- 4 oz, boneless smoked salmon (wild caught) (113.4 g)
- 1 tbsp sesame seeds (9 g)
- 2 tsp sriracha sauce (10 g)

Method

- 1 Rinse the butterhead leaves, then dry them thoroughly.
- 2 Divide the avocado, edamame, cucumber, smoked salmon, sesame seeds, and sriracha evenly among the four leaves.
- 3 Serve the filled lettuce cups right away, or keep them refrigerated until serving.

RENEE'S NOTE

"Pat the lettuce completely dry before building so the wraps stay crisp instead of slippery. Keep refrigerated at 40°F (4°C) or below and use within 3 to 4 days. For transport, use an insulated bag with at least two cold sources, and discard food left at room temperature for more than 2 hours, or 1 hour above 90°F (32°C)."

RENEE'S TWEAK

Pack the lettuce leaves separately and assemble right before eating so everything keeps its crunch.