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Courtesy of Kevin Alexander @fitmencook

## **Latin Salmon Pineapple Wrap**

### **Ingredients:**

Whole-wheat wrap, 1 (10-inch)  
Wild salmon fillet, cooked and boneless, 6 oz.  
Endive, 1 cup  
Spinach, 1 cup  
Red bell pepper, chopped, 1/3 cup  
Red onion, chopped, 1/3 cup  
Fresh pineapple, chopped, 1/4 cup

### **Creamy Avocado Green Chile Dressing:**

Small avocado, 1/2  
Extra-virgin olive oil, 2 tbsp  
Whole green chilies, canned with juice, 5 oz.  
Garlic clove, 1  
Cumin, 1-1/2 tsp  
Fresh cilantro, 2/3 cup  
Water, 2 tbsp (or more if thinner dressing is desired)  
Sea salt, 1 pinch  
Coarse-ground pepper, 1 pinch

### **Directions:**

1. In a food processor, blend together all the ingredients for the creamy avocado green chili dressing until smooth, then season to taste with sea salt and pepper. Place the dressing in an airtight container to enjoy at a later time.
2. Place all the salad ingredients on a large cutting sheet. Using the longest and sharpest knife you have, begin to chop up the salad to desired thickness.
3. Once the salad is chopped, add it to a mixing bowl and add 1/5 of the dressing, and refrigerate the remaining dressing in a tightly sealed container. Mix the salad together with a spatula, then place some of the contents on a whole-wheat tortilla. Fold in the sides, and tightly roll up the wrap.
4. Enjoy any leftover chopped salad by itself.