INGREDIENTS
• 1 ripe avocado, seeded, peeled and mashed
• 1 Tbsp. mustard
• 2 tomatoes, cut in 8 wedges each
• 1 Tbsp. mayonnaise
• tsp. dried dill
• 4 (8-inch) whole wheat tortillas
• 1 (14.75 oz.) can pink Alaska Salmon, drained and chunked
• 1 large carrot, shredded
• 4 large lettuce leaves

INSTRUCTIONS
1. Mix avocado, mustard, mayonnaise, and dill.
2. Spread mixture down the middle of the tortillas.
3. Top with salmon, carrots and lettuce.
4. Roll up tortillas tightly.

A FACT ON CANNED SALMON
The American Heart Association and United States Department of Agriculture (USDA) recommend eating fish twice a week for a healthier heart.