



SALMON CRUNCHWRAP RECIPE

Makes 2

Ingredients:

2 (6-ounce) cans skinless/boneless salmon (you can also use the jarred kind if you can find it and have extra coins to spare, she be pricey)

1/2 cup mayonnaise

Salt and pepper

Chopped or sliced banana peppers (optional)

4 burrito-size flour tortillas (you can also use gluten-free wraps)

2 fried corn tortillas (aka tostada shells), either store-bought or made in advance at home

1/2 cup shredded iceberg lettuce (you can also use another green if you prefer, this is your crunchwrap, do you)

1 large red tomato, diced

1 cup of shredded cheddar cheese (shred it yourself if you want to be great in life)

Instructions:

STEP 1: Add canned salmon to a large bowl, being sure to drain any excess water or oil from the salmon. Using a fork, mix salmon and mayonnaise until well combined and the texture is smooth. Season to taste with salt and pepper.

STEP 2: Now here is where you customize your crunchwrap like a pair of Nike IDs — I like to add banana peppers, salt, and pepper to my salmon mixture. Once you've customized your filling, set it aside until it's time to assemble.

STEP 3: When it's time to cook (aka the fire is starting to get hot), place a cast-iron skillet over the fire. Take two of the large flour tortillas and place them on a flat surface. Take the tostada and place it on top of the flour tortilla in the center. Using a knife, cut around the tostada so that you're using it to trace a smaller size of the flour tortilla. You will need this smaller tortilla to help close your crunchwrap properly.

STEP 4: Now it's time to assemble your crunchwrap. Take another burrito-size flour tortilla and lay it on a flat surface. Place the salmon mixture in the center of the tortilla. Place a tostada on top of that, spread with a thin layer of mayonnaise (optional), then add half the lettuce, tomato, and cheese. Top with the smaller flour tortilla you cut. Repeat steps 3 and 4 to make the second crunchwrap.

STEP 5: We're going to test your shape knowledge here: create a hexagon shape, folding the edges of the larger tortilla up over the center of the tostada. Make sure everything is folded tight so that the ingredients don't spill out. Spillage ain't cute.

STEP 6: Place the crunchwrap seam-side down in the skillet and cook for 2-3 minutes, until golden melanin brown. Flip and cook on the other side until golden melanin brown, another 2-3 minutes. Repeat with the second crunchwrap.