



Norwegian Burritos

This recipe for Norwegian Burritos stars Lefse and smoked salmon. Salmon is one of five anti-aging superfoods regularly included in the healthy Nordic diet. Salmon helps maintain a sound body and slows down the outward signs of aging, including wrinkles and sagging skin. Must be something to it because we think Ingebretsen's at 90 is looking pretty good!

Fun to make right at the table. The amounts of the following ingredients you will need on hand depends upon the number of guests gathered 'round and how hungry they are, but we'll get you off to a start with an estimate for six servings (two burritos per person).

6 sheets Lefse

Filling:

1/2 lb. smoked salmon

2-3 diced tomatoes and/or 2/3 cup thick salsa

2/3 cup sour cream

cilantro sprigs

Cut each sheet of lefse in half, spoon on the fillings, and roll the whole thing up. It's as easy as that. If you really love to slather on the sour cream and salsa, the burritos can get pretty juicy, so eat as a sandwich over a plate or use a knife and fork. To make cocktail-sized burritos, divide each sheet of Lefse into sixths, fill, roll, and secure with a toothpick.

Ingebretsen's homemade Lefse is available at ingebretsens.com or by calling 800 279 9333.

We also have delicious home smoked salmon in our butcher shop.

Unfortunately, we are unable to ship it, but if you're in the area...