

# Tuna Salad Wraps

## INGREDIENTS

- 1, 5oz canned tuna, in water
- 2 tablespoons low-fat Greek yogurt or light mayonnaise
- Salt and pepper, to taste
- Whole wheat tortilla
- Lettuce

Additional Vegetable Ideas:

- Tomatoes
- Bell pepper

SERVINGS: 1  
TIME: 10 MINS



Adapted from:  
[runninginaskirt.com](http://runninginaskirt.com)



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## PROCEDURE

1. Drain canned tuna, mix tuna with Greek yogurt and season with salt and pepper
2. Lay wheat tortilla out flat and lay a lettuce leaf in the middle
3. Place tuna salad in the middle of the lettuce leaf
4. Add any additional vegetables to middle of tuna salad
5. Roll tortilla and tuna salad to create a wrap
6. Cut in half and serve!

**Note:** you can add any of your favorite vegetables to the wrap!

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