



TUNA AND VEGGIE WRAPS

These simple and tasty tuna wraps make a perfect lunch or after school snack. They feature tuna, which is a good source of lean protein. Eating protein-rich meals helps keep you fuller for longer and provides your body with the material to build and repair muscle tissue. Tuna also contains essential omega-3 fatty acids; this type of healthy fat helps reduce inflammation and keeps your brain and heart healthy. Enjoy!

NOTE: This recipe calls for julienne or matchstick cuts on the carrots and cucumber. Not sure how to julienne your veggies? Scan the QR code below for a quick how-to video on julienning vegetables!

Yield: 4 servings

Ingredients

- 1 medium **carrot**, peeled & julienne or matchstick cuts
- 1 medium **cucumber**, peeled & julienne or matchstick cuts
- 1 cup **romaine lettuce**
- 5 ounces of canned **tuna**, drained and flaked
- ¼ cup plain **Greek yogurt**
- 4 medium whole wheat **tortillas**

Instructions

1. Prepare carrot and cucumber and set aside. Shred lettuce into a medium-sized bowl.
2. In a small bowl, mix the tuna with Greek yogurt.
3. Place some lettuce onto each tortilla; then add tuna, carrots, and cucumbers. Roll up tightly into a burrito and slice in half to serve. Secure with a toothpick, if necessary.

Per Serving: Calories 190, Protein 14 g, Saturated Fat 1 g, Sodium 336 mg, Fiber 4 g, Sugars 3 g



This recipe is featured in August 2021 issue of Beyond the Kitchen newsletter and was adapted from SuperHealthKids.com.

