

Lunch

Tuna Salad Lettuce Wraps

10 Mins
Prep Time

0 Mins
Cook Time

1
Servings

226 Calories **8g Fat** **8g Carbs** **29g Protein**



Ingredients

1 Serving **10 Mins Total Time** **Allergens: Fish, Eggs**

- 1 (5 oz) Can Light Tuna in Water, drained
- ¼ Cup Celery, chopped (wash under cold running water)
- ¼ Cup Red Onion, diced
- ¼ Cup Cucumber, diced (wash under cold running water)
- 2 Tbsp Light Mayonnaise
- 1 Tsp Red Wine Vinegar
- 3 Large Romaine Lettuce Leaves (wash under cold running water)

Allergen Swap

Fish Omit tuna and substitute canned chicken

Eggs Use a vegan mayonnaise

Nourishment Note



Onions

Onions help feed our gut bacteria, promoting a healthy digestive system. Onions are also high in antioxidants to protect healthy cells from damage, and they may help reduce the risk of heart disease.



Tuna

Tuna is a good source of omega-3 fatty acids which help to lower inflammation. Omega-3 fatty acids also help to protect the heart and brain.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

In a large bowl, combine all ingredients, except lettuce leaves, and mix well.

3. Make Wraps and Enjoy

Scoop tuna salad into lettuce leaves and enjoy!

4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Can Opener



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Large Bowl



Mixing Spoon

PD Cooking Tips

Cans: Use an electric can opener to open can of tuna or purchase tuna in an easy-to-open pouch.

Celery & Onion: Purchase pre-diced celery and/or onion.

Lettuce: Purchase pre-washed lettuce leaves