

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 Specialty Pharmacy  
Registered Dietitians

## 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