



Tuscan Tuna Salad Wrap

Prep: 25 minutes | Chill: 10 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: ~¾ cup tuna mixture and 1 wrap

Ingredients

2 tablespoons red wine vinegar
2 tablespoons oil
¼ cup onion, chopped
1 clove garlic, minced (about ½ teaspoon)
1 tablespoon dried parsley (or 3 tablespoons fresh)
1 (15.5-ounce) can no-salt-added great northern beans, drained and rinsed
1 (5-ounce) can tuna in water, drained
½ cup halved cherry tomatoes
½ cup diced bell pepper
½ cup diced celery
4 (8-inch) whole-grain wraps
Lettuce, chopped or torn, for topping

Directions

1. Whisk together the vinegar, oil, onion, garlic, and parsley in a medium bowl.
2. Add the beans, tuna, tomatoes, peppers, and celery. Toss to combine.
3. Set the mixture in the refrigerator for 10 minutes to chill and to allow the flavors to blend.
4. Spread about ¾ cup of the tuna mixture onto one of the wraps.
5. Top with lettuce and roll tightly, sealing the ends, like a burrito.
6. Repeat with the remaining tuna mixture and wraps.
7. Serve cold.

Recipe Notes

- In place of a wrap, try adding over a bed of lettuce or salad greens.

Nutrition Facts Per Serving: Calories: 375 | Total Fat: 11 g | Saturated Fat: 2 g
Sodium: 630 mg | Total Carbohydrate: 39 g | Dietary Fiber: 9.5 g | Protein: 31 g

Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC
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