

## Tuna Twists

*Wraps or spirals take a turn!*

Makes: 4 wraps

### Ingredients:

- 1 (6-ounce) can water-packed light tuna
- 1/2 cup diced apple
- 1 tablespoon lemon juice
- 1/4 cup light or fat-free salad dressing
- 1/3 cup diced celery
- 1/4 cup chopped pecans
- 4 lettuce leaves
- 4 taco-size (8 1/2-inch) whole wheat tortillas

### Directions:

Remember to wash your hands!

1. Drain water from canned tuna and place in mixing bowl.
2. Combine apple and lemon juice in small bowl.
3. Add salad dressing, celery, pecans and apples to tuna and combine.
4. Place lettuce leaf on each tortilla, spread with 1/4 of the tuna mixture and roll up. Slice into 3 pieces if desired. Wrap and keep in refrigerator until serving time.

*Nutrition Facts: One wrap provides 200 calories, 6g total fat, 15mg cholesterol, 450mg sodium, 26g total carbohydrate*

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION  
FAMILY NUTRITION PROGRAM



### Chef's Choice

- Tuna Twists
- Carrot sticks
- Bar cookie
- Low fat milk or 100% juice box

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