

Tuna Twists

Wraps or spirals take a turn!

Makes: 4 wraps

Level: Easy



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



Kids' Tool Kit

- Can opener
- Knife
- Cutting board
- Spoon
- Mixing bowl
- Measuring spoon
- Measuring cups

Chef's Choice

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



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.



Helpful Hints: Put the can of tuna in the refrigerator the night before making the sandwiches so ingredients are cold. The lemon juice keeps the diced apple from turning brown and adds a nice tart flavor.

To save time, dice the celery, chop the nuts and wash the lettuce the night before.

Canned tuna is pre-cooked tuna that's packaged in water or oil. It comes in three grades. The top grade is called "fancy" or "solid." The medium grade is called "chunk" and lowest grade is called "grated" or "flaked." The difference is in the price. Choose water-packed for fewer calories.

Tuna Twists are kid-friendly because kids can choose the "parts." Canned chicken instead of tuna; whole wheat bread, bagels or crackers can hold the filling; and different fruits or vegetables add the crunch!



Safety Tips in the Kitchen: Rinse lettuce, apple and celery under cold running water to wash off dirt and germs. Use a clean cutting board for dicing.

Wash the tuna can lid before opening. It's handy to use the lid for draining the water from the tuna, but be sure it is clean first!

Keep cold foods cold. Tuna Twists can be made the night before, wrapped in plastic wrap and kept in the refrigerator to be packed in a lunch. Use a frozen juice box to keep it cold. For a picnic, pack the sandwich filling in a plastic container on ice and take the tortillas "to-go!" Roll 'em up after a hike to your favorite picnic spot.

Nutrition Facts

Serving Size 1 wrap (138g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 0.5g	3%
Cholesterol 15mg	4%
Sodium 450mg	19%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	13%
Sugars 4g	
Protein 15g	
Vitamin A 6%	Vitamin C 6%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.