

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more 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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