



Tuscan Tuna Salad Wrap

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

Yield: 4 servings | Serving Size: 1 wrap with $\frac{3}{4}$ cup filling

Ingredients

3 tablespoons red wine vinegar
1 tablespoon extra-virgin olive oil
 $\frac{1}{4}$ cup finely chopped onion (optional)
1 clove garlic, minced (about $\frac{1}{2}$ teaspoon)
1 tablespoon dried parsley (or $\frac{1}{4}$ cup fresh)
 $\frac{3}{4}$ cup (about half 15-ounce can) no-salt-added great northern beans, drained and rinsed
1 (5-ounce) can tuna in water, drained
 $\frac{1}{2}$ cup halved cherry or grape tomatoes
 $\frac{1}{2}$ cup diced bell pepper
 $\frac{1}{2}$ cup diced celery
4 tablespoons ($\frac{1}{4}$ cup) olive oil mayonnaise, divided
4 (8-inch) whole-grain wraps or tortillas

Recipe Notes

- In place of a wrap, try adding over a bed of lettuce or salad greens or as a pita bread filling.
- Keep the salad separate from the wrap if you are not eating it right away. Store in the fridge for 3 days.

Directions

1. Whisk together the vinegar, oil, onion (if using), garlic, and parsley in a medium mixing bowl.
2. Add the beans, tuna, tomatoes, bell pepper, and celery. Toss to combine.
3. Set the mixture in the refrigerator to chill and to allow the flavors to blend, about for 10 minutes.
4. Spread 1 tablespoon of the mayonnaise on each wrap or tortilla and top each with about $\frac{3}{4}$ cup of the tuna mixture.
5. Roll each wrap or tortilla tightly, sealing the ends, like a burrito.
6. Serve cold.

**Nutrition Facts Per Serving: Calories: 310 | Total Fat: 12 g | Saturated Fat: 3 g
Sodium: 550 mg | Total Carbohydrate: 33 g | Dietary Fiber: 7 g | Protein: 15 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs