

# TUNA SALAD WRAPS



**INGREDIENTS**    Serves: 6 | Serving Size: 1 tortilla with 1/2 cup mixture

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**medium onion**  
1/4 cup chopped



**low sodium  
canned tuna**  
10 ounces



**low sodium  
pinto beans**  
1 - 15 oz can



**no salt added  
canned carrots**  
1 cup



**no salt added  
canned tomatoes**  
1/2 teaspoon



**no salt added  
canned corn**  
1/2 cup



**lemon juice**  
2 tablespoons



**chili powder**  
2 teaspoons



**garlic powder**  
1 teaspoon



**canola oil**  
1 tablespoon



**whole wheat  
tortillas**  
6 - 8 inch tortillas

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# INSTRUCTIONS

## 1. DRAIN & RINSE VEGETABLES



Drain and rinse carrots, corn and beans.

## 2. CHOP ONION & CARROTS



Finely chop onion and carrots.

## 3. MIX VEGETABLES



In a medium bowl combine onions, beans, carrots, tomatoes and corn.

## 4. ADD SPICES



Add tuna, lemon juice, spices, and canola oil and mix well.

## 5. ROLL TORTILLAS



Place 1/2 cup of mixture on a whole wheat tortilla and roll it up.

## OR: MAKE A SALAD



Serve tuna and bean mixture on top of lettuce greens.

### NUTRITION INFORMATION

Calories: 316	Total Carbohydrate: 53g	Protein: 15g
Total Fat: 6g	Dietary Fiber: 9g	Sodium: 517mg

LOWCOUNTRY FOOD BANK



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