TUNA SALAD WRAPS

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

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 diced tomatoes 1 cup
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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1. DRAIN & RINSE VEGETABLES

Drain tomatoes. 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 (for tuna wrap)

<table>
<thead>
<tr>
<th>Calories: 290</th>
<th>Total Carbohydrate: 40g</th>
<th>Protein: 19g</th>
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<tbody>
<tr>
<td>Total Fat: 8g</td>
<td>Dietary Fiber: 5g</td>
<td>Sodium: 712mg</td>
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