

Recipe For Tuna Salad Wrap

Makes 2 wraps

Equipment Needed:

Can opener
Bowl
Spoon for mixing
Vegetable peeler
Grater
Knife
Cutting board

To Make The Recipe:

1 can tuna, drained and rinsed
1 stalk celery, finely chopped
1 tbsp mustard
2 tbsp green onion, chopped
2 tbsp mayonnaise
or 1 tbsp olive oil mixed with 1 tbsp lemon juice
Sea salt and pepper to taste
2 large pieces green leaf lettuce
1 carrot grated
1 tsp butter
2 whole grain wraps

Mix the tuna, celery, mustard, mayonnaise (or olive oil and lemon juice) and green onion together in a bowl. Season to taste with sea salt and pepper. Lay the wrap on a flat surface. Spread with 1/2 tsp butter in the center of the wrap. Spread half the tuna mixture in the center and sprinkle half the grated carrots on top. Lay the lettuce leaf on top. Fold about a quarter of the wrap starting with on the left and press flat. Then do the same thing with the right edge. Then take the edge closest to you and roll up the wrap tightly. Cut in half and serve.