

Avocado Tuna Salad Lettuce Wraps

<u>Code</u>
\$, Q, RH



Ingredients Needed:

- 1 (9 oz) can tuna
- 2 Tbsp. reduce-fat mayo
- 1 Tbsp. yellow mustard
- 2 Tbsp. finely chopped onion
- ¼ cup finely chopped celery
- ½ avocado pitted and sliced
- 4 medium tomatoes sliced
- 4 romaine lettuce leaves

<u>Nutrition Facts:</u>	
Yield	4 servings
Calories	136
Total Fat	4 g
Sat Fat	0.5 g
Sodium	312 mg
Added Sugar	0 g
Fiber	3 g
Vitamin A	14% DV
Vitamin C	25% DV
Vitamin D	20% DV
Vitamin K	49% DV
Potassium	12% DV
Iron	11% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- In a medium bowl, combined tuna, mayo, mustard, onion, and celery.
- Mix with a fork and store in a refrigerator until ready to use.
- Spoon mixture into lettuce leaves.
- Top with avocado and tomato.