

Tuna Salad Wraps



Makes 6 servings. The serving has 144 calories, 8 g fat, 14 g protein, 4 g carbohydrates, 0.6 g fiber and 459 mg sodium.



Prep time: 5 minutes

DIRECTIONS:

INGREDIENTS:

⅓ cup reduced-fat mayonnaise
2 tablespoons minced fresh parsley
¼ teaspoon dried tarragon
¼ teaspoon white pepper
½ teaspoon Dijon mustard
1 tablespoon lemon juice
2 cans (6 ounces each) light water-packed tuna, drained and flaked
1 cup chopped celery
¼ cup chopped sweet onion
Romaine lettuce leaves
Parsley leaf garnish, optional



Combine mayo, mustard, minced parsley, pepper, tarragon and lemon juice.



Stir together.



Add tuna to the sauce.



Add celery and onion to the tuna and sauce.



Mix all the ingredients together.



Spoon mixture on a lettuce leaf to serve as a wrap.