

Spicy Tuna Wraps

Prep 15M | Cook 0M | Enjoy in 15M

Wraps are the perfect meal for being on the go! These spicy tuna wraps are quick to prepare, and easy to grab and take for an outdoor meal. Plus, they're packed with protein—making them a great option to keep your energy up for all the outdoor adventures.

INGREDIENTS

- 2 cans (170 g) solid white tuna in water, drained
 - 4 tsp hot sauce (such as Sriracha)
 - 4 tsp Dijon mustard
 - 1 tbsp lemon juice
 - 2 tbsp minced red onion
 - 2 thinly sliced green onions
 - 4 (8 inch) whole wheat tortillas
 - 2 cups mixed greens
 - 2 carrots, peeled and cut into matchsticks
 - 1 ripe avocado, diced
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DIRECTIONS

1. Combine tuna, hot sauce, mustard, lemon juice, red onion, and green onion in a bowl and mix well.
 2. Place tuna mixture, lettuce, carrots and avocado in the centre of each tortilla, dividing equally.
 3. Wrap tightly.
 4. Serve and enjoy!
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NUTRITIONAL FACTS

Serves 4 (1 wrap per serving)

Nutritional analysis per serving: 304 calories, 10 g fat, 23 g protein, 34 g carbohydrate (28 g available carbohydrate), 8 g fibre, 657 mg sodium