

From the Kitchen of the

Cent\$ible Nutrition Program

Tuna Wrap/Melt

Ingredients

- 2 5-ounce cans tuna, packed in water
- 1/4 cup plain low-fat yogurt
- 1/4 cup reduced-calorie mayonnaise
- 1 Tablespoon finely chopped onion
- 2 Tablespoons finely chopped celery
- 1 Tablespoon dill pickle relish or chopped dill pickle (optional)

Wrap

- Lettuce leaves or whole-wheat tortillas

Melt

- Whole-grain bread or English muffin
- 1 Tablespoon shredded cheese

Directions

1. Wash hands in warm, soapy water.
2. Drain tuna and flake apart with fork.
3. Combine all ingredients except tuna and mix until well blended.
4. Add tuna and mix well.

For a wrap:

5. Scoop tuna onto a crisp lettuce leaf and roll or spread onto a whole-wheat tortilla and roll.

For a melt:

6. Spread tuna onto whole-grain bread or English muffin. Sprinkle with cheese. Put on baking sheet and place under broiled, in electric skillet, or in microwave and heat until cheese is melted.

Nutrition Facts

Serving Size 1/4 cup (71.6g)
Servings Per Container 6

Amount Per Serving

Calories 80 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 200mg 8%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 10g 20%

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Serves: 6



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.