

## C's Zesty Tuna Wrap

C's Notes: It's best to make the salad ahead, but to not assemble it until before you will be eating it.

Yields: six 2 unit portions pro/carb/fat (1/3 heaping cup tuna/1 wrap)  
four 3 unit portions pro/carb/fat (1/2 heaping cup tuna/1 wrap)  
three 4 unit portions pro/fat (3/4 heaping cup tuna/1 wrap-add carbs)  
two 5 unit portions pro/fat (1 heaping cup tuna/1 wrap-add carbs)

### Ingredients:

1/2 cup Red Bell Pepper, chopped

1/4 cup Bottled Pickled Vegetables, drained & chopped

1/4 cup Purple onion, finely chopped

1/4 cup Kraft Light Mayo

one 12 oz. can Albacore Tuna, packed in water, drained and flaked

4 La Tortilla Multi-grain or Whole Grain White Wraps

2 cups Baby Spinach Leaves

### Directions:

Step 1: Combine the first 5 ingredients in a bowl.

Step 2: Lay out your wrap on your plate. Top with the appropriate portion of tuna salad; spread out flat. Top with (1/2 c. per) spinach leaves. Tightly roll up. Slice rolled wrap in half and enjoy!