

Classic Tuna Wrap – makes 4-5 wraps

<https://www.eminencenutrition.com/classic-tuna-wrap>



Ingredients

- 4 cans Flaked light tuna, drained (low sodium)
- 3 tbsp. Mayonnaise
- 2 tbsp. Dijon mustard
- ½ cup Chopped pecans
- 4 Green onion bulbs, sliced
- ½ tsp. Black ground pepper
- Spinach to taste
- 1 Avocado
- 4 Whole grain tortilla wraps

Directions

1. Combine and mix all ingredients except the spinach, avocado and wraps into a medium bowl.
 - a. You can store in a container in the fridge for up to 6 days.
2. When preparing each wrap, add a small handful of spinach onto the whole grain tortilla wrap.
3. Add some of the tuna mixture on top of the spinach.
4. Add ¼ of an avocado sliced on top of the tuna mixture.
 - a. Use lemon juice and plastic wrap to store the rest of the avocado in the fridge.
5. Roll the wrap and enjoy 😊