



ASIAN TUNA NORI WRAPS

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Can Tuna Packed in Water, Drained	1 (5 Oz.)	Sliced Green Onions	2 Tbsps.
Non-fat Plain Greek Yogurt	2 Tbsps.	Shredded Carrots	½ Cup
Low-sodium Soy Sauce	1 Tsp.	Cucumber, cut Into Matchsticks	½ Cup
Rice Vinegar	1 Tsp.	Avocado, Thinly Sliced (Optional)	¼
Sriracha (Optional)	1 Tsp.	Nori Sheets	2
Sesame Seeds	1 Tsp.		

SERVING SIZE

1

PREPARATION

- Drain tuna well and place it in a small mixing bowl.
- Add Greek yogurt, soy sauce, rice vinegar, sriracha (if using), sesame seeds, and green onions.
- Mix until the tuna mixture is creamy and well combined.
- Place a nori sheet on a clean, dry surface.
- Spoon half of the tuna mixture onto the lower third of the nori sheet.
- Add half of the shredded carrots, cucumber, and avocado (if using).
- Carefully roll the nori sheet tightly into a wrap.
- Repeat with the second nori sheet and remaining ingredients.
- Slice in half if desired and serve immediately.