



MEDITERRANEAN TUNA LETTUCE WRAPS



INGREDIENTS

ITEM

- Tuna Packed in Water, drained
- Lactose-free Plain Greek Yogurt
- Dijon Mustard
- Fresh Lemon Juice
- Olives, chopped
- Diced Red Bell Pepper
- Sliced Green Onion Tops
- Chopped Fresh Parsley
- Salt and Freshly Ground Black Pepper, to taste
- Butter Lettuce Leaves

QUANTITY

1 (5-ounce)
Can
2 Tbsps.
1 Tsp.
1 Tsp.
¼ Cup
¼ Cup
2 Tbsps.
1 Tbsp.

SERVING SIZE

1



PREPARATION

- In a medium bowl, combine the tuna, Greek yogurt, Dijon mustard, and lemon juice until well mixed.
- Fold in the olives, red bell pepper, green onion tops, and parsley.
- Season with salt and pepper to taste.
- Spoon the tuna mixture evenly into the butter lettuce leaves.