

TUNA CUCUMBER CRUNCH WRAP

INGREDIENTS

ITEM	QUANTITY
• Tuna in Water, drained	1 Can (5 Oz.)
• Lactose-Free Greek Yogurt	¼ Cup
• Mayonnaise	1 Tbsp.
• Dijon Mustard, onion- and garlic-free	1 Tsp.
• Finely Diced Cucumber	¼ Cup
• Shredded Carrot	¼ Cup
• Chopped Chives	1 Tbsp.
• Fresh Lemon Juice	1 Tsp.
• Salt and Black Pepper, to Taste	
• Low-Fodmap Certified Tortillas or Wraps	2
• Chopped Romaine Lettuce	1 Cup

SERVING SIZE **1 WRAP**

PREPARATION

- Combine tuna, Greek yogurt, mayonnaise, Dijon, cucumber, carrot, chives, and lemon juice.
- Season with salt and pepper.
- Place lettuce down the center of each tortilla.
- Divide the tuna mixture between the tortillas.
- Roll tightly and serve.

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