

Front



Fresh Taste for Seniors

Back

Tuna Lettuce Wrap

Ingredients:

- ½ cup (4 ounces) plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 can (about 5 ounces) low-sodium, water-packed tuna, drained
- ¼ cup raisins or raisins
- ¼ cup walnuts, chopped
- 1 green onion, chopped
- Salt and pepper, to taste
- 4 butterhead lettuce leaves, collard green leaves, or any other green with a big leaf

Directions:

1. Combine the yogurt and mustard in a large bowl and mix well.
2. Stir in the tuna, raisins, walnuts, and green onion.
3. Add salt and pepper to taste, if necessary.
4. Scoop ¼ of the mixture into each of the lettuce leaves and serve.

Makes: 2 servings

