



Buffalo Tuna Wraps

Ingredients

- 1 whole grain tortilla
- 1 can tuna in water, no salt added
- 2 TBSP mayonnaise
- ¼ cup celery, finely chopped
- ¼ cup red onion, finely chopped
- Handful of raw spinach
- Hot sauce, to taste
- Salt and pepper, to taste

Directions:

1. Drain one can of tuna and add to a bowl
2. Add mayo, celery, red onion, and hot sauce; Mix all ingredients together
3. Lay a bed of spinach on open tortilla
4. Scoop mixture on top and wrap tightly
5. Enjoy!

Cookware needed:

- Small bowl
- Plate

Cost: 

Ease: 

Health Benefit: Canned tuna is an affordable option for lean protein to support lean body mass maintenance. Celery, spinach, and red onion are rich in vitamins and minerals that support overall health. Whole grains are a great source of complex carbohydrates.