



TUNA MELT WRAP

May 2

World Tuna Day


INGREDIENTS

- 4 Cans (5 oz each) Tuna in Water (drained)
- 4 Tablespoons Greek Yogurt
- 2 Tablespoons Dijon Mustard
- 2 Tablespoons Lemon Juice
- 1 Cup Celery (finely chopped)
- 4 Tablespoons Red Onion (finely chopped)
- ½ Teaspoon Black Pepper
- 1 Teaspoon Garlic Powder
- 8 Tortilla, soft, flour (about 8” and at least 56 grams each), enriched or whole grain-rich
- 2 Cups Shredded Cheddar Cheese
- 2 Cups Baby Spinach
- 1 Cup Sliced Cucumber
- 1 Cup Sliced Tomatoes
- Olive Oil Spray

DIRECTIONS

1. Start by draining the cans of tuna and placing the tuna in a medium-sized mixing bowl. Use a fork to break up the chunks of tuna into smaller, flakier pieces.
2. To the tuna, add the Greek yogurt and Dijon mustard. Stir to combine, ensuring that the tuna is evenly coated in the creamy mixture.
3. Stir the celery and red onion into the tuna salad. Add the lemon juice, garlic powder, and black pepper, and mix until all ingredients are well combined. Taste the mixture and adjust seasoning as necessary. Set aside.
4. If you'd like your wrap to have a bit of crunch, lightly warm the wraps in a skillet over medium heat for 1-2 minutes on each side. This step is optional but can enhance the texture of the wrap.
5. Lay the warm wraps flat on a clean surface, and evenly spread the tuna salad filling down the center of each wrap. Top the tuna salad with spinach, cucumber, and tomatoes. Evenly distribute the shredded cheddar cheese on top of the veggies.
6. Heat a non-stick skillet over medium heat and lightly spray with olive oil.
7. Place the assembled wrap in the skillet, folding the edges in slightly to help hold the filling. Cook for 2-3 minutes on one side, until golden brown, then flip it over and cook for another 2-3 minutes on the other side. The cheese should be melted, and the wrap should be crispy on the outside.
8. Toast the remaining wraps one by one, spraying the skillet with more olive oil as needed.
9. Serve the wraps immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

8 Wraps

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Wrap	½ Wrap	1 Wrap	1 Wrap