

Tuna Wrap

Makes 4 child servings

Ingredients

- 1 can (6 oz/170 g) tuna, drained
- 2 tbsp (25 ml) light mayonnaise
- 1 tbsp (15 ml) light sour cream
- ½ tsp (2 ml) mild Indian curry paste (optional)
- 1 apple, diced
- 1 stalk celery, diced
- 1 green onion, finely chopped
- Lettuce leaves
- 4 small tortillas or pitas

Directions

1. In a bowl, mash together tuna, mayonnaise, sour cream; and curry paste. Stir in apple, celery and onion.
2. Mound down centre of 4 large whole wheat tortillas or pitas; top each with lettuce leaf. Fold sides of tortilla over.

Source: Recipe by The Canadian Living Test Kitchen.
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