

Albacore Tuna Wraps

Yield: 2 servings

Ingredients

1 can (120 g, drained weight, 4 ounces) albacore tuna, drained
1 can (540 mL, 19 ounces) black beans, drained
3/4 cup shredded lettuce
1/2 cup prepared salsa
1/2 cup shredded cheddar cheese
2 burrito size flour tortillas

Preparation

Combine beans, lettuce, salsa and cheese. Divide evenly between two tortillas and place one serving in bottom third of first tortilla.

Top with portion of tuna.

Fold bottom tortilla flap over filling and bring edges in from sides. Keeping folding bottom until no flap remains.

Repeat with second tortilla and ingredients.

PER SERVING (1 wrap)

(approximate values)

Calories: 490

Calcium: 330 mg

Vitamin D: 145 IU