Spicy Tuna Avocado Wrap

Yield: 4 servings

Ingredients:

- 2 (5 oz) cans white albacore tuna, drained
- 1 avocado
- 2 tbsp Sriracha
- 1 tbsp Dijon mustard
- 2 to 3 Tbsp celery, chopped
- 2 tbsp red onion, chopped
- 2 green onions, chopped
- 1 tbsp fresh cilantro, chopped
- Salt and pepper, to taste
- 2 heaping cups leafy green lettuce
- 1 cup matchstick carrots
- 4 (10 inch) whole wheat tortillas

Directions:

1. In a medium bowl, mash together tuna and avocado until combined. Add in the rest of the ingredients through the salt and pepper, mixing well.
2. To assemble, top each tortilla with a ½ cup leafy greens, ¼ cup matchstick carrots and divide the tuna mixture evenly among the wraps. Tightly roll up the tortilla, slice and enjoy!

Nutrition Information per serving (1 wrap)

Calories: 295, Total Fat: 9.6g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 860mg,   Carbohydrate: 28.2 g, Fiber: 5.9g, Total Sugar: 4g, Added Sugar: 2g, Protein: 18.2g

SOURCE: https://www.eatyourselfskinny.com/spicy-tuna-avocado-wrap/

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