



Catholic Health Initiatives

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Spicy Tuna Wrap

Servings: 6-8 wraps

Prep time:

Approximately 15 minutes

Ingredients:

- 1 head butter leaf lettuce, separated into large leaves
- 1 medium bell pepper, thinly sliced
- ½ cucumber, thinly sliced
- 1 (5 oz.) can albacore tuna, drained
- 1 tbsp. olive oil
- 1 tbsp. olive oil mayonnaise
- ½ tsp. black pepper
- 2 tbsp. Sriracha sauce (optional)



Quick & Easy

Directions:

Clean and dry lettuce leaves. Meanwhile, combine tuna, olive oil, mayonnaise, black pepper and Sriracha sauce in a medium bowl. Distribute about 2 tablespoons of tuna mixture onto each lettuce leaf and add slices of cucumber and bell pepper. Fold up the wrap and enjoy! If you like your food a little less spicy, leave out the Sriracha sauce and drizzle a bit of it on top with a sprinkle of red pepper flakes.

Harvest of the Month

butter lettuce