

Kardea's Tuna & Tomato Yogurt Lettuce Wrap Delight

5 ingredients · 10 minutes · 2 servings



Directions

1. Mix the tuna, tomatoes, parsley, and yogurt until combined. Spread the lettuce leaves with the mixture and roll up tightly. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one lettuce wrap.

More Flavor

Add fresh herbs like basil and chives.

Iceberg Lettuce Leaves

Cut off the bottom end of the head of the lettuce and gently peel the leaves to maximize the surface area.

Dairy-Free

Use mayonnaise or coconut yogurt instead of Greek yogurt.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 1 can Tuna (drained)
- 1 Tomato (medium, diced)
- 1/2 cup Parsley (chopped)
- 2 tbsps Plain Greek Yogurt
- 1/2 head Iceberg Lettuce (small, leaves pulled apart)

Nutrition

Amount per serving

Calories	115	Sugar	3g
Fat	2g	Protein	20g
Saturated	0g	Cholesterol	32mg
Carbs	7g	Sodium	258mg
Fiber	3g		