



## **Tuna Salad Lettuce Wraps**

### **Ingredients:**

- 1 can tuna (in water, drained)
- 2 tbsp plain Greek yogurt
- 1 tbsp mustard or lemon juice
- 2 large Romaine lettuce leaves
- Salt, pepper, and Mrs. Dash for seasoning

### **Prep:**

1. **Mix tuna salad:** Combine tuna, Greek yogurt, mustard (or lemon juice), and seasoning in a bowl.
2. **Assemble wraps:** Spoon the tuna salad onto the Romaine lettuce leaves and fold like a taco.

### **Macros (per serving):**

**Calories: ~250 | Protein: ~35g | Carbs: ~4g | Fat: ~12g**