



White Bean & Tuna Lettuce Wraps

5 servings

5 minutes

Ingredients

- 1 2/3 cans Tuna (drained)
- 3/4 cup Cannellini Beans (drained, rinsed)
- 1/2 cup Plain Greek Yogurt
- 3 1/3 tbsps Lemon Juice
- 1 2/3 tsps Dijon Mustard
- 1 2/3 tbsps Fresh Dill (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 head Romaine Hearts (leaves separated)

Nutrition

Amount per serving	
Calories	104
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	9g
Fiber	2g
Sugar	1g
Protein	14g
Cholesterol	23mg
Sodium	279mg
Potassium	116mg
Vitamin A	354IU
Vitamin C	5mg
Calcium	60mg
Iron	2mg
Vitamin D	34IU
Vitamin E	0mg

Directions

- 1 Add the tuna, beans, yogurt, lemon juice, mustard, dill, salt, and black pepper to a bowl. Mix to combine.
- 2 To assemble, add romaine leaves to plates and top them evenly with the bean and tuna mix. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one romaine leaf with 1/2 cup of bean and tuna mix.

More Flavor: Add more fresh herbs like parsley.

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



Vitamin K	3µg
Thiamine	0mg
Riboflavin	0.1mg
Niacin	6mg
Vitamin B6	0.2mg
Folate	8µg
Vitamin B12	1.4µg
Phosphorous	78mg
Magnesium	14mg
Zinc	0mg
Selenium	39µg