



Healthy Tuna Melt Wrap Recipe, Easy 10 Minute Lunch

Description

Ingredients

- 1 can skipjack tuna, 5 oz or yellowfin
- 2 tablespoon greek yogurt
- ½ tablespoon dijon mustard or regular mustard
- ½ lemon, juice of (about 1 Tbsp)
- ¼ cup corn
- ¼ cup red onion, diced about ¼ of a red onion
- 1 tablespoon dill relish or capers
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ cup shredded mozzarella cheese or cheese of choice
- 1 wrap, at least 10 inches in size (burrito sized) I use Siete or La Tortilla Factory brand

Instructions

- Drain tuna. In a medium bowl combine drained tuna with Greek yogurt, dijon mustard, lemon juice, corn, red onion, relish, garlic powder, and black pepper. Mix to combine.
- Heat a burrito-sized wrap or tortilla to make it more pliable by covering it with a damp paper towel and microwaving it for about 10-20 seconds. Place it on a clean working space. Add a layer of shredded cheese on the end of the wrap closest to you, leaving at least an inch of space on the sides and bottom edge. Add the tuna mixture on top of the cheese.
- To wrap, fold sides of tortilla toward the middle. Then fold the bottom of the tortilla and tuck the edges of the wrap under. Roll the tortilla away from you to the edge.
- Heat a skillet or grill pan on medium heat and add a bit of olive oil. Place the wrap on the hot grill pan or skillet, seam side down. Let it heat for about 3-4 minutes, gently pressing on it a couple of times while it heats. Flip the wrap and heat another 2-3 minutes. If it's cooking too quickly, lower to medium-low heat.

- **Hint:** Use a burrito sized wrap or tortilla! If you prefer, make it into 2 smaller wraps by dividing the tuna mixture between two smaller regular sized tortillas.

Notes

Nutrition calculated based on La Tortilla Factory's Simply Better Burrito Sized Flour Tortilla and will vary depending on wrap used.

Expert Advice

- If the tuna mixture is dry, add more fresh lemon juice.
- Use a cheese that is meltable like mozzarella or cheddar.
- Be sure to have a clear work surface to wrap on.
- Keep the ingredients in the center of the tortilla for easy wrapping.
- Using a grill pan gives you appealing grill marks and makes for a crispy exterior.

Storage

Refrigerator this Tuna Melt Wrap is best eaten fresh. If you want to store leftovers, secure half of the wrap tightly in a piece of foil and store in the fridge for 1-2 days. Reheat on the skillet, in the air fryer, or in the microwave.

Registered Dietitian Tip

Eating a balanced lunch that contains protein, complex carbohydrates, and healthy fats is a great way to ensure you feel satisfied! It can help decrease those late afternoon cravings and also supports hormone health.

This tuna wrap melt provides protein from the tuna and Greek yogurt, complex carbs from the corn and whole wheat wrap and healthy fats from the tuna. It also contains antioxidants and other nutrients including vitamin C, potassium, and vitamin D!

Nutrition

Serving: 1 wrap
Calories: 500kcal
Carbohydrates: 48g
Protein: 52g
Fat: 11g
Saturated Fat: 5g
Cholesterol: 77mg
Sodium: 1170mg
Potassium: 1004mg
Fiber: 3g

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Date Created

18/12/2024

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