

Tuna and White Bean Wrap



Ingredients:

- 1 clove garlic, minced
- 1/4 t salt
- 1 T lemon juice
- 1 T olive or canola oil
- 1/4 t crushed red pepper
- 1 15 oz can white beans, rinsed
- 1 5 oz can chunk light tuna, drained
- 1 c iceberg or other lettuce, chopped
- 1/4 c red onion, diced
- 8-10 in. whole wheat or spinach tortillas

Instructions:

1. Toss together all ingredients and roll in tortillas.
2. Cut in half and serve.

Makes 4 servings.



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