

Tuna Salad Lettuce Wrap



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz canned tuna
- 1 tbsp avocado oil mayo
- 1-2 green onions,
chopped
- Crushed red pepper
flakes
- 2-4 leaves of bibb or
romaine lettuce
- Salt and pepper to taste
- 2 tbsp raw or dry
roasted mixed nuts

DIRECTIONS

1. Drain and mix canned tuna with avocado oil mayo, green onion, and red pepper flakes.
2. Fill lettuce leaves with tuna mixture.
3. Serve with side of mixed nuts.

NUTRITION INFO

Calories: 335, Carbohydrate: 7 grams, Protein: 36 grams, Fat: 17 grams