

Festive Tuna Roll-Ups

Serves: 4

Ingredients

6 oz. can white tuna in water, drained and flaked
1 Tbsp. light mayonnaise
4 tortillas, spinach, tomato, or whole-wheat

8 dill pickle spears
4 carrots, shredded
8 pepper rings, green or red

Mix tuna and mayonnaise in a small bowl.

Lay out each tortilla. Spread tuna in a line down the center of each. Top tuna with 2 pickles per tortilla and carrots.

Roll each tortilla burrito-style; keep closed by wrapping 2 pepper rings around each tortilla.

Cut each rollup in half and center pepper ring on each half.

Per serving: 190 calories, 3 g fat.