

# Mediterranean Tuna Lettuce Wraps

# EASY | RECIPE

## Salad:

- 2 cups canned chickpeas, drained and rinsed
- 2 6-oz cans water-packed chunk light tuna, drained and flaked
- 2 medium tomatoes, finely chopped
- ¼ cup red onion, diced
- 8 butterhead lettuce leaves

## Greek Yogurt Dressing:

- 1 cup nonfat Greek yogurt
- ¼ cup feta cheese, crumbled
- 2 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1-2 tsp fresh dill, finely chopped



Combine all salad ingredients except lettuce leaves in a large bowl. Mix dressing and gently fold into salad. Divide salad evenly among lettuce leaves.  
Option: Serve with whole-grain pita chips.

## **MAKES 4 (2-WRAP) SERVINGS. Per Serving:**

262 calories | 26.5g protein | 8g total fat | 2.2g sat fat | 3.3g mono fat | 1.3g poly fat  
| 33.8mg cholesterol | 22g carbs | 3.5g sugar | 6g fiber | 461mg sodium