

Tuna Lettuce Wraps with Avocado Dressing



15 min.



2 servings



PER SERVING
200 CAL
FAT: 9g
CARB: 11.5g
PROTEIN: 20.1g

INGREDIENTS

- 4 large leaves Butter or Bibb Lettuce
- 4 oz Tuna, canned in olive oil & drained
- 1 cup Hearts of Palm, sliced
- ½ cup Cherry Tomatoes, quartered
- ¼ cup Carrot, grated
- ¼ cup Onion, sliced
- 2 tbsp Avocado Dressing (recipe below)

Avocado Dressing
(makes about ⅔ cup):

- ¼ Avocado (50g)
- 3 tbsp fresh Cilantro, chopped
- ½ Jalapeño Pepper
- 1 clove Garlic
- Juice from ¼ Lime
- Salt & Pepper to taste
- 1 tbsp Water, as needed

DIRECTIONS

For Dressing:

1. Place all the ingredients in a small blender and blend until smooth. If the dressing is too thick, add more water as needed.

To Assemble the Wraps:

2. Place lettuce leaves on a plate or cutting board. Top each leaf with 1 oz of tuna, hearts of palm, tomatoes, carrots and onion. Drizzle each wrap with 1 tablespoon of dressing and eat right away.



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