

Curried Tuna Wrap

- 4 whole grain wraps
- 2 cans tuna, drained
- 1 t curry powder
- 1 T mayonnaise
- 2 T Greek yogurt, 2%
- sea salt and freshly ground black pepper
- 1/2 c green apple, finely diced
- 1/2 c celery, finely diced
- 1/3 c red onion, minced
- 2-3 T cilantro, chopped
- 1/4 c raisins
- 2 T mango chutney, extra for dipping

Blend the tuna by hand or in a processor. In a medium sized bowl, combine the tuna with the mayonnaise, yogurt, curry, salt and pepper. Either line each ingredient up on the wrap or mix them into the tuna before dividing into 4 portions. Use parchment paper to hold the wraps together. Then, you can slice right through the wrap before serving or refrigerating it in a plastic bag.

Jittery Cook