

THIS WEEK'S RECIPE

As seen on hdnews.net

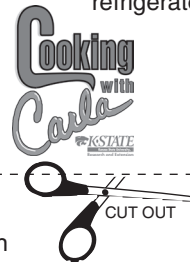


Tuna Twist

Wraps or spirals take a turn!
Makes: 4 wraps

- Ingredients:
- 1 (6-ounce) can water-packed light tuna
 - 1/2 cup diced apple
 - 1 tablespoon lemon juice
 - 1/4 cup light or fat-free salad dressing
 - 1/3 cup diced celery
 - 1/4 cup chopped pecans
 - 4 lettuce leaves
 - 4 taco-size (8 1/2-inch) whole wheat tortillas

- Directions:
1. Drain water from canned tuna and place in mixing bowl.
 2. Combine apple and lemon juice in small bowl.
 3. Add salad dressing, celery, pecans and apples to tuna and combine.
 4. Place lettuce leaf on each tortilla, spread with 1/4 of the tuna mixture and roll up. Slice into 3 pieces if desired. Wrap and keep in refrigerator until serving time.



Helpful Hints: Put the can of tuna in the refrigerator the night before making the sandwiches so ingredients are cold. The lemon juice keeps the diced apple from turning brown and adds a nice tart flavor.

To save time, dice the celery, chop the nuts and wash the lettuce the night before.

Canned tuna is pre-cooked tuna that's packaged in water or oil. It comes in three grades. The top grade is called "fancy" or "solid." The medium grade is called "chunk" and lowest grade is called "grated" or "flaked." The difference is in the price. Choose water-packed for fewer calories.

Tuna Twists are kid-friendly because kids can choose the "parts." Canned chicken instead of tuna; whole wheat bread, bagels or crackers can hold the filling; and different fruits or vegetables add the crunch!

Location of Ingredients

(at Vine Street Dillon's)

ITEM	aisle
Light Tuna.....	6
Apple	Produce
Lemon Juice	5
Salad Dressing	9
Celery	Produce
Pecans.....	11
Lettuce Leaves	Produce
Wheat Tortillas.....	11



Cooking With Carla is proudly sponsored by:

