

# TUNA AND WHITE BEAN LETTUCE WRAPS



## Ingredients:

- 6-8 large lettuce leaves (romaine or butter lettuce)
- 1 can (5 oz) tuna in water, drained
- ½ cup white beans, drained and rinsed
- ¼ cup diced cucumber
- ¼ cup diced red bell pepper
- 2 tablespoons red onion, finely chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried herbs (oregano, basil, or Italian blend)

## Instructions:

1. In a bowl, combine tuna, white beans, cucumber, bell pepper, and red onion.
2. Add olive oil, lemon juice, and herbs. Mix gently.
3. Season with salt and pepper to taste.
4. Spoon mixture into lettuce leaves and fold or roll to serve.

