

TUNA AND WHITE BEAN LETTUCE WRAPS

Preparation: 10 mins. | Cooking: 0 mins. | Servings: 4

INGREDIENTS

12 Bibb or Boston lettuce leaves
(about 1 medium head)
1 can (15 ounces) cannellini beans,
rinsed and drained
1 can (12 ounces) light tuna in water,
drained and flaked
1 medium ripe avocado
1/4 cup chopped red onion
2 tablespoons olive oil
1 tablespoon minced fresh parsley
1/8 teaspoon salt
1/8 teaspoon pepper



INSTRUCTIONS

In a small bowl, combine tuna, beans, onion, olive oil, parsley, salt and pepper; toss lightly to combine. Serve in lettuce leaves; top with avocado.