

# Healthy Tuna Wraps

## Quick and Easy to make To-Go lunch

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### INGREDIENTS

(makes 4 wraps)

- 4 wraps
- 1 can of tuna in water (about 200g or about 1 ½ cup)
- 2-3 tbsp mayonnaise/sour cream/yogurt
- 1 tsp creamed horseradish (horseradish sauce)
- freshly ground black pepper to taste
- 1 medium red onion
- 1 medium carrot
- ½ red pepper
- 1/3 cucumber
- 1 avocado
- small bunch of parsley



### DIRECTIONS

1. To make the tuna filling, strain the tuna from the water and transfer it into a medium bowl. Add the mayonnaise, horseradish and season with black pepper to taste. Mix well with a fork until everything has combined.
2. Peel the onion and slice it finely. Peel the carrot and grate it. Slice the pepper and the cucumber into thin stripes. Slice the avocado into small pieces. Roughly chop the parsley.
3. Assemble the wraps as instructed in the video tutorial.
4. Enjoy!

TIP. If you want to add some extra moisture to the wraps you can start by first spreading some cream cheese over the wrap. I would however only suggest to do this if you are planning on eating the wraps right away, as otherwise they might get too soggy.