

## GUASTELLO'S VILLAGE MARKET

# California Style Tuna Salad Rolls

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Serves 4

### Ingredients

1 can (6 ounces) light tuna fish, preferably packed in water, drained and flaked

3 tablespoons mayonnaise

1/4 teaspoon wasabi paste or freshly ground black pepper, to taste

Two 10-inch flour tortillas

2 medium leaves Boston lettuce

1 Kirby cucumber, peeled and coarsely shredded lengthwise (without seeds)

1 medium carrot, peeled and coarsely shredded

1/2 of a ripe avocado: peeled, pitted, and sliced 1/2-inch thick

Combine the tuna, 2 tablespoons mayonnaise, and wasabi paste in a small bowl and mix until blended.

Lay the tortillas on a work surface. Spread 1/2 tablespoon mayonnaise on each tortilla and arrange the lettuce on top of both; arrange cucumber, carrot, and avocado lengthwise in rows near one edge. Spoon the tuna in a line next to the vegetables (away from the edge). Roll each tortilla up snugly into a cylinder. Cut crosswise in half.

*Credit: Real Food For Healthy Kids*