



## Grilled Tuna Melt Wrap

**Prep: 15 minutes**

**Cook: 6 minutes • Serves: 4**

- ¼ cup mayonnaise
- 2 tablespoons plain Greek yogurt
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cans (5 ounces each) solid white albacore tuna in water, drained
- ¼ cup finely chopped onion
- 2 tablespoons finely chopped dill pickles
- 4 (8- to 10-inch) flour tortillas or sandwich wraps
- 4 slices sharp Cheddar cheese, cut in half
- ¾ small ripe avocado, cut into 12 slices
- 8 slices tomato
- Nonstick cooking spray

**1.** In small bowl, whisk together mayonnaise, yogurt, lemon juice, salt and pepper. In medium bowl, flake tuna with fork; fold in onion, pickles and mayonnaise mixture. Makes about 2 cups.

**2.** Place tortillas on work surface. Leaving about 1½ inches on sides of each tortilla, place 2 pieces cheese lengthwise in center of each tortilla; evenly divide tuna mixture, avocado and tomatoes over cheese. Fold sides of tortilla over fillings, then roll from bottom up to enclose filling.

**3.** Preheat grill pan over medium heat. Spray both sides of sandwiches with nonstick cooking spray; place on hot grill pan. Cook sandwiches 6 to 8 minutes or until grill marks appear and sandwiches are heated through, turning once halfway through cooking. Cut diagonally in half to serve.

*Approximate nutritional values per serving:  
464 Calories, 31g Fat (18g Saturated),  
57mg Cholesterol, 1144mg Sodium,  
34g Carbohydrates, 6g Fiber, 28g Protein*

### Dietitian's Dish

- > Use reduced fat or fat-free mayonnaise, yogurt and cheese for a healthier version.