

## **WINNING WHITE BEAN & TUNA WRAP**

- 1 1/4 cup Quinoa prepared
- 1 cup Tuna canned
- 1 1/4 cup Cannellini beans, drained and rinsed
- Half of Red onion, diced
- 1/2 cup Cucumber, diced
- 1 ea Tomato, diced
- 1 oz Lemon juiced fresh
- 1 oz Olive oil
- Mint fresh, chopped
- 1 cup Balsamic Hellmann's Mayonnaise
- 5 oz Arugula
- 10 ea Wraps gluten-free

### **Prepare the Wrap**

1. Combine quinoa, tuna, cannellini, red onion. cucumber and tomato.
2. Set aside.
3. Combine lemon juice, olive oil and mint.
4. Whisk well to combine.
5. Drizzle over tuna mixture and toss to coat.
6. Build wraps with Balsamic Mayonnaise (sub recipe below), tuna salad and arugula.
7. Serve immediately.

### **Prepare the Balsamic Mayonnaise**

8. Combine Hellmann's® Light Mayonnaise and balsamic vinegar and reserve.

**Serving Size**

10