

# MAIN DISHES

## Tuna Mandarin Roll-Ups

1	170 g can tuna in water, drained	1
1/4 cup	low fat mayonnaise	60 mL
1/4 tsp	curry powder (optional)	1 mL
1	10 oz (284 mL) can Mandarin orange segments, drained	1
1/3 cup	celery, finely chopped	75 mL
2 cups	lettuce or spinach, shredded	500 mL
4	small flour tortillas	4

1. In a medium bowl, use a fork to combine tuna, mayonnaise and curry powder. Mix well.
2. Stir in oranges and celery
3. Spread 1/2 cup tuna mixture onto each tortilla. Top with 1/2 cup lettuce. Roll up and serve.

Recipe adapted from *Adventures in the Kitchen Kid's Cookbook*, by The Canned Food Alliance.

### NEW TASTES RECIPE

10 minutes to prepare  
Makes 4 Food Guide Servings

#### WHAT YOU NEED:

- sharp knife
- cutting board
- medium bowl
- fork
- knife
- measuring spoons
- measuring cups

#### NUTRITION NOTES:

Choose darker coloured lettuce or greens rather than iceberg lettuce. It will add extra vitamin C, beta carotene and folate to your meal.

#### TASTY IDEAS:

Wrap these roll-ups in plastic wrap and pack them for lunch. They will be a hit with the kids.

