

# Tuna & Roast Veggie Wraps

Food Foundations • another NAQ Nutrition program

## Ingredients

### Serves: 6

- 6 wholemeal wraps or tortillas
- 300g sweet potato
- 1 zucchini
- 1 red capsicum
- 1 red onion
- 60g baby spinach
- 300g can tuna
- 100g hummus

## Method:

1. Preheat oven on to 180°C.
2. Slice sweet potato, zucchini, capsicum and onion into strips.
3. Place on a baking tray and spray with extra virgin olive oil. Bake in the oven for 30 minutes or until soft. Allow to cool slightly.
4. Spread hummus onto wraps, and divide up tuna, baby spinach, and roast vegetables between each wrap.
5. Wrap up by folding over on end and then each side.

## Note:

- *You can use any type of roast vegetable you like – try broccoli, cauliflower, pumpkin, tomatoes, or eggplant.*

Food Group	Serves provided per portion
Vegetables	1.8
Lean meats and legumes	0.5
Grain foods	0.7