

Tuna, Guacamole & Pear Tortilla Rolls

As summery as Mexico, this is a great light lunch or a colourful appetizer.

Serves 4 (½ tortilla each) Prep time 10 min / Total time 10 min

INGREDIENTS

1 can (170 g) Gold Seal® Solid White tuna, drained

¾ cup guacamole (*store bought or your own recipe*)

½ pear, cored & thinly sliced

½ medium red bell pepper, julienne

2 x 10" tortillas

COOKING INSTRUCTIONS

1. Spread guacamole over the tortillas, followed by the pear slices, red bell pepper and tuna chunks.
2. Roll tortillas tight and cut into 2" rounds.

Ingredient of the day: Tortilla

In Spain, Puerto Rico, Cuba and South America, tortilla is a round omelet typically made with potatoes & eggs. In Panama, totilla is a deep fried cornmeal disk, a bit smaller than a hockey puck (!). The Mexican corn tortilla (most familiar to North Americans), is traditionally made from specially treated maize flour & has been a staple Mexican food since pre-Columbian times.

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- You can substitute apples for pears.
- Enjoy with a bowl of spicy Thai soup.

NUTRITIONAL VALUES / SERVING:

Calories 115	Fiber 2 g
Fat 3 g	Cholesterol 13 mg
Sat Fat 1 g	Sodium 198 mg
Carbs 15 g	Sugar 3 g
Protein 8 g	Calcium 7 mg