

Tuna Apple Salad

From the California Dept. of Public Health and the Network for a
Healthy California Champions for Change

<http://www.cachampionsforchange.net/en/docs/Lunch/Tuna-Apple-Salad.pdf>

Ingredients

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons finely chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

Instructions

1. In a small bowl, stir together tuna, onion, apple celery, raisins and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.

Makes 4 servings (*1 cup per serving*)

Nutrition information per serving:

Calories 216
Carbohydrate 27 g
Dietary Fiber 4 g
Protein 25 g
Total Fat 2 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 26 mg
Sodium 544 mg

