

Garden Tuna Salad

Makes 4 servings.

1 can (6 ounces) tuna packed in water, drained
1 medium carrot, chopped
1 rib celery, chopped
½ cup reduced-fat Monterey jack cheese cubes (1/4 inch each)
¼ cup frozen green peas, thawed and drained
¼ teaspoon dried parsley flakes
1/3 cup prepared reduced-fat Italian salad dressing
2 pita bread rounds (2 ounces each)
4 lettuce leaves
4 tomato slices

Prep time 15 minutes

1. Place tuna in a large bowl; break into chunks. Add carrot, celery, cheese, peas and parsley; toss to blend.
2. Pour dressing over tuna mixture; toss lightly to coat.
3. Cut each pita in half crosswise; gently open.

Hint: Get in the healthy habit of purchasing reduced fat and fat free salad dressings and condiments. Most supermarkets offer a wide variety of great flavors to choose from, and you'll be cutting a significant amount of fat and calories from your diet.

1 pita half with about ½ cup tuna salad, 1 lettuce leaf and 1 tomato slice

Calories 213

Calories from fat 23%

Total fat 6 g

Saturated fat 2 g

Cholesterol 24 mg

Carbohydrate 22g

Fiber 4 g