

Tuna Apple Salad in Pita with Grapes

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
- 1 cup of grapes

Preparation

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



Makes 6 servings

Prep time: 10 minutes

Cook time: 15 minutes

Recipe: Everyday Healthy Meals

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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