TUNA APPLE SALAD

SERVES 4

INGREDIENTS
1 large can (12 ounces) tuna, packed in water, drained
2 tablespoons minced red onion
1 apple, chopped and cored
1 cup chopped celery
1 cup golden raisins
5 tablespoons light Italian dressing
2 cups salad greens
2 pita breads (cut in half)

DIRECTIONS
1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and two tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equally divided amounts of greens and tuna salad.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/2014)

NUTRITION INFORMATION:

Calories: 270
Fat: 4 grams (g)
Saturated Fat: 0.5 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 25 milligrams (mg)
Carbohydrates: 32 grams (g)
Dietary Fiber: 3 grams (g)
Protein: 26 grams (g)
Sodium: 360 milligrams (mg)
Vitamin A: 20%
Calcium: 6%
Vitamin C: 10%
Iron: 15%