



Tuna Apple Salad

Apples and raisins add a nice twist to traditional tuna salad.

Makes 4 servings. 1 cup per serving.

Prep time: 15 minutes



Ingredients

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

Preparation

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.

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