

Tempting Tuna Pita Pockets

Tuna, crunchy apples and California raisins make a mouthwatering sandwich.

INGREDIENTS

- 1 can (6 1/8 ounces) chunk white tuna in water, drained
- 1/2 cup diced red apple
- 1/3 cup California raisins
- 1/4 cup sliced celery
- 2 tablespoons sliced green onions
- 1/4 cup regular or reduced-calorie mayonnaise
- 2 teaspoons lemon juice
- 1 teaspoon curry powder
- 1/4 teaspoon each salt and pepper
- 2 pita breads (7-inch), cut in half to make pockets
- Green leaf lettuce or spinach leaves

PROCEDURE

In medium bowl mix tuna, apple, raisins, celery and onions. Stir in mayonnaise, lemon juice, curry, salt and pepper; blend thoroughly. Line each pita half with lettuce leaves; stuff with tuna mixture, dividing equally.

Serves 2

Nutrition Facts (per serving)

Calories 410 (5% from fat); Total Fat 2g (sat 0g, mono 0g, poly 1g);
Cholesterol 55mg; Protein 31g; Carbohydrates 68g; Fiber 8g; Iron 3mg;
Sodium 1230mg; Calcium 34mg;

