



Mediterranean Tuna Salad

Replace mayonnaise with a tangy, Italian salad dressing to create a delicious new twist on tuna salad. Serve it in a pita, on a bun or roll, on top of crackers, or by itself.

Makes: 6 servings **Prep time:** 10 minutes

the

INGREDIENTS

9 ounces tuna, chunk style, canned in water, drained (about 1 cup plus 2 Tbsp)

$\frac{3}{4}$ cup carrots, fresh, peeled, shredded

$\frac{1}{2}$ cup cucumber, fresh, unpeeled, $\frac{1}{4}$ " diced

$\frac{2}{3}$ cup peas, frozen

$\frac{1}{3}$ cup Italian salad dressing, fat-free

3 whole-wheat pitas (at least 70 gm each)

the

DIRECTIONS

1. Place drained tuna in a medium bowl.
2. Break apart chunks of tuna, using a fork.
3. Add carrots, cucumbers, peas, and salad dressing. Mix well.
4. Cover, and refrigerate for 2 hours, or until salad is chilled and peas are thawed. Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
5. Cut each pita in half.
6. Place $\frac{1}{2}$ cup of tuna salad into the pocket of each pita half.
7. Serve $\frac{1}{2}$ a pita pocket.

Critical Control Point: Hold at 40 °F or lower.

the

NUTRITION INFORMATION

For ½ pita.

Nutrients	Amount
Calories	178
<hr/>	
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	23
Sodium	533 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	15 g
<hr/>	
Vitamin D	N/A
Calcium	14 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

the

CACFP CREDITING INFORMATION

½ pita provides 1 ½ oz equivalent meat,
¼ cup vegetable, and 1 ¼ oz equivalent
grains.