



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.

CACFP CREDITING INFORMATION

½ pita provides 1½ oz equivalent meat, ¼ cup vegetable, and 1¼ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tuna, chunk style, canned in water, drained	2 lb 5½ oz	2¼ cup 2 Tbsp	4 lb 11 oz	4½ cup 3 Tbsp	1 Place drained tuna in a large bowl. Break apart chunks of tuna using a fork. 2 Add carrots, cucumbers, peas, and salad dressing. Mix well. 3 Cover and refrigerate for 4 hours, or until salad is chilled and peas are thawed. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
*Carrots, fresh, peeled, shredded	10 oz	3 cup 2 Tbsp	1 lb 4 oz	1 qt 2¼ cup	
*Cucumber, fresh, unpeeled, chopped	8 oz	2 cup	1 lb	1 qt	
Peas, frozen	12½ oz	2¾ cup	1 lb 9 oz	1 qt 1½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Italian salad dressing, fat-free		1 1/3 cup		2 2/3 cup	
Whole-wheat pitas, (at least 70 gm each)		12 1/2 each		25 each	<p>4 Cut each pita in half. Place 1/2 cup (No. 8 scoop) of tuna salad into the pocket of each pita half. Serve 1/2 a pita pocket.</p> <p>Critical Control Point: Hold at 40 °F or lower.</p>



NUTRITION INFORMATION

For ½ pita.

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

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cucumber	9 oz	1 lb
Carrots	13 oz	1 lb 9 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Chef Tips

Keep wraps and filling separate and assemble at time of serving to prevent pita from getting soggy. Or serve separately and allow child to assemble.

Serve on lettuce leaves or make sandwiches with whole grain-rich bread. (Crediting may change.)

YIELD/VOLUME

25 Servings	50 Servings
6 lb 15¼ oz 3 qt ½ cup and 25 pita pocket halves	13 lb 14½ oz 1 gal 2 qt 1 cup and 50 pita pocket halves

