



## Garden Fiesta Tuna Pockets

Fuel up with protein-rich tuna and colorful vegetables tucked into a pita pocket.



**SERVINGS:** 6

**SERVING SIZE:** 1 filled pocket

### INGREDIENTS:

- 2 5-oz cans of low-sodium tuna packed in water, drained
- 1 15-oz can no-salt-added black beans, rinsed and drained
- $\frac{3}{4}$  cup corn
- 1 green bell pepper, diced
- 1 medium carrot, diced
- 1 small red onion, diced (optional)
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- $\frac{1}{4}$  teaspoon salt
- 4 teaspoons chili powder
- 2 teaspoons garlic powder
- 3 6-inch whole-wheat pitas, cut in half



### DIRECTIONS

1. In a bowl, combine tuna with beans, corn, bell pepper, carrot, and onion.
2. Add in lime juice, vegetable oil, salt, and spices and mix thoroughly to combine.
3. Place 1 cup of the tuna mixture in each pita half.
4. Serve immediately.

### OPTIONS

- Dice 1 avocado and add to sandwich for a delicious spin.
- Want a creamier filling? Before stuffing the pockets, add 1 tablespoon of fat-free sour cream to each pocket.
- Instead of black beans, use chickpeas (garbanzo beans) or pinto beans.
- Instead of pita pockets, use whole-wheat tortillas or lettuce leaves for a quick and easy wrap!

**Food Demonstration Samples:** Offer  $\frac{1}{4}$ -cup portions of tuna salad in small cups. Cut each pita into 8 wedges and serve 1 wedge tucked alongside the tuna salad in each portion cup. Makes 24 samples.

### NUTRITION INFORMATION

**Amount per serving:** 1 pocket; **Calories:** 215; **Total Fat:** 4 g; **Saturated Fat:** 0 g; **Sodium:** 392 mg; **Potassium:** 454 mg; **Total Carbohydrate:** 32 g; **Dietary Fiber:** 6 g; **Sugars:** 3 g; **Protein:** 17 g; **Vitamin A:** 2364 IU; **Vitamin C:** 21 mg; **Vitamin D:** 0 IU; **Calcium:** 40 mg; **Iron:** 3 mg.

### SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for the **Garden Fiesta Tuna Pockets** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.

### Get children involved in making the recipe!



**SHOW** them how to:

- Cut each pita in half using a plastic knife (for ages 6–7 and up with adult supervision).
- Cut the bell pepper into small cubes using a plastic knife (for ages 6–7 and up with adult supervision).
- Measure the lime juice and the oil; measure the salt, garlic powder, and chili powder.
- Stir the garden fiesta salad.
- Stuff 1 cup of garden fiesta salad into each pita pocket.

### Share these fun facts:

- \* **ASK** the children if they know the different colors of onions (red, white, and yellow). **TELL** them that today they are using red onions because they have a fun fiesta color.
- \* Herbs and spices, like garlic and chili powder, help us create flavorful dishes.

