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
- ¾ 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
- ¼ 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 ¼-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. |

**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.*