

# Cucumber-Tuna Salad Pitas

## Recipe of the Month August – 2015



For a cold lunch on a hot day, add in a piece of fresh fruit and baked tortilla chips.

**Prep Time:** 15 Min

**Start to Finish:** 15 Min

**Makes:** 4 servings

### INGREDIENTS

1 pouch (about 7 oz.) tuna	2 tablespoons chopped fresh or 1 teaspoon dried dill weed
1/4 cup reduced-fat mayonnaise or salad dressing	1 teaspoon salt-free seasoning blend
1/4 cup plain fat-free yogurt	2 whole wheat pita (pocket) breads (8 inch)
1/2 cup chopped cucumber	1 cup shredded lettuce
2 tablespoons chopped red onion	1 small tomato, chopped (1/2 cup)

### DIRECTIONS

1. In medium bowl, mix tuna, reduced-fat mayonnaise, yogurt, cucumber, onion, dill weed and seasoning blend.
2. Cut pita breads in half crosswise to form pockets. Spoon 1/4 of mixture into each pita bread half. Add lettuce and tomato.



**Recipe Provides:** Fats & Oils 1tsp, Grains 2oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b> 1 Serving	<b>Total Fat:</b> 7 g	<b>Saturated Fat:</b> 1 g
<b>Calories:</b> 220	<b>Calories from Fat:</b> 60	<b>Carbohydrates:</b> 23 g
<b>Cholesterol:</b> 20 mg	<b>Dietary Fiber:</b> 3 g	<b>Sodium:</b> 470 mg
<b>Sugars:</b> 3 g	<b>Protein:</b> 18 g	



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)