

Tuna Pita Pocket

INGREDIENTS:

1/2 cup	steamed green beans, chopped
1 T	black olives, chopped
1/2 T	capers, drained
6 oz	solid white tuna, water packed, drained
1/2 T	extra virgin olive oil
1/2 T	lemon juice
1 ea.	whole wheat pita, sliced in half
2 ea.	lettuce leaves

DIRECTIONS:

Steam or microwave fresh green bean. Cool green beans and chop into bit size pieces. Combine green beans, olives, capers, tuna, olive oil and lemon juice in a bowl, mix well. Slice whole wheat pita in half , lay lettuce leave inside pita half and using half the tuna mixture stuff the pita half.

Makes 2 servings. Serving size is 1/2 pita with 1/2 tuna mixture
Calories: 207/serving

NUTRITIONAL INFORMATION PER SERVING:

25 g protein
16 g carbohydrates
5 g fat
508 mg sodium
26 mg cholesterol
3 g fiber

Estimated Food Group Serving Equivalent: 3 lean meat, 1/2 bread