

Garden Fiesta Tuna Pockets

Prep time: 15 minutes

Makes: 6 Servings

Fuel up with protein-rich tuna and colorful vegetables tucked into a pita 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
- 3/4 cup** corn
- 1 green bell pepper (diced)
- 2 tablespoons** lime juice
- 1 tablespoon** vegetable oil
- 1/4 teaspoon** salt
- 4 teaspoons** chilli powder
- 2 teaspoons** garlic powder
- 3 6-inch whole-wheat pitas, cut in half
- 1 medium carrot, diced
- 1 small red onion, diced (optional)

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.

Notes

- Dice 1 avocado and add to sandwich for a delicious spin.
- Want a creamier filling? Before stuffing the pockets, add 1



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	215	
Total Fat	4 g	
Protein	17 g	
Carbohydrates	32 g	
Dietary Fiber	6 g	
Saturated Fat	0 g	
Sodium	392 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

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 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.

Meal Pattern Contribution Statement:

Legume as Meat Alternate:

1 filled pocket provides 2.25 oz eq meat/meat alternate, 1/8 cup other vegetable, 1/4 cup additional vegetable and 1 oz eq grains.

OR

Legume as Vegetable:

1 filled pocket provides 1.25 oz eq meat, 1/8 cup legume vegetable, 1/8 cup other vegetable, 3/8 cup additional vegetable and 1 oz eq grains.

Summer Food, Summer Moves (FNS-607)