

Tuna Apple Salad

(Makes 4 servings at 1/2 pita each)

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons minced red onion
- 1 apple, cored and chopped
- 1/4 cup chopped celery
- 1/4 cup raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 pita breads, cut in half OR 4 slices whole wheat bread



1. In a small bowl, stir tuna, onion, apple, celery, raisins and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of tuna mixture and greens.

Adapted from: *Everyday Healthy Meals*, Public Health Institute, 2007.

For more recipes visit: www.championsforchange.net



For food stamp information, call 877-847-3663.
Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity employer and provider.

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

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