

Tuna Salad Pitta Sandwiches

Serves 6

Per serving

178 kcals

2g fat

Ingredients:

1 x 6 ½ ounce can of tuna in spring water, drained and rinsed
3 spring onions with tops, chopped
2 tbsp chopped celery
2 tbsp chopped fresh parsley
1 medium carrot, shredded
1 small tomato chopped
2 tbsp chopped green pepper
3 tbsp reduced-calorie mayonnaise
2 tbsp Salsa or picante sauce
ground black pepper to taste
3 whole-wheat pittas, 7 inches in diameter

Accompaniments

6 lettuce leaves, rinsed and dried
1 medium tomato, sliced
6 fresh mushrooms, sliced
1/2 cup alfalfa or bean sprouts
6 sprigs parsley

Cooking instructions:

1. Combine all ingredients except pittas and the accompaniments. Mix well. Refrigerate for at least 1 hour.
2. Cut each pitta in half. Line each half with a leaf of lettuce, a slice of tomato, mushroom slices and sprouts.
3. Add tuna salad and garnish with a sprig of parsley.