

## Garden Tuna Salad

1 can (6 ounces) tuna packed in water, drained  
1 medium carrot, chopped  
1 rib celery, chopped  
½ cup reduced-fat Monterey Jack cheese cubes  
¼ cup frozen green peas, thawed and drained  
¼ teaspoon dried parsley flakes  
⅓ cup reduced-fat Italian salad dressing  
Lettuce  
Tomato slices  
2 rounds pita bread, cut into halves

1. Place tuna in large bowl; break into chunks. Add carrot, celery, cheese, peas and parsley; toss to blend.
2. Pour dressing over tuna mixture; toss lightly to coat.
3. Place one piece lettuce and on tomato slice into each pita half. Divide tuna salad evenly among pita halves.

Makes 4 servings

**Per serving:** Calories: 213, Calories from Fat: 23%, Total fat: 6g, Saturated Fat: 2 g, Protein: 19g, Carbohydrate: 22g, Cholesterol: 24mg, Sodium: 605mg, Fiber: 4g.