

PREPARATION: 10 MINUTES

2 SERVINGS

TUNA POCKETS

INGREDIENTS

*1 can (170g) tuna (light, in water,
unsalted or regular)*

¼ cup apple, diced

¼ red onion, diced

2 tablespoons mayonnaise

2 drops Tabasco sauce (optional)

1 teaspoon lemon juice

black pepper to taste

½ cup romaine lettuce, shredded

½ cup carrots, shredded

1 whole wheat pita



PREPARATION

- 1** Drain the tuna (or rinse well when using regular tuna), and flake it with a fork.
- 2** In a small bowl, combine the tuna, apple, onion and the mayonnaise. Add Tabasco sauce, lemon juice and pepper to taste.
- 3** Fold the lettuce and carrots into the tuna mixture.
- 4** Cut the pita bread into two halves. Carefully open each half to make a pocket. Fill each pocket with half of the salad.

Nutrient Analysis

PER SERVING:

½ of recipe

RENAL EXCHANGE:

3 Protein + 1 Vegetable + 1 Starch

Calories	303Kcal
Protein	25g
Carbohydrates	24g
Fibre	4g
Total Fat	12g
Saturated Fat	2g
Cholesterol	31mg
Sodium	295mg
Potassium	418mg
Phosphorus	216mg