



# Tasty Tuna Salad

## Ingredients

5 oz solid white tuna in water, drained  
¼ cup reduced fat mayonnaise  
2 tablespoons chopped celery  
1 teaspoon minced onion  
½ teaspoon lemon pepper  
2 whole wheat pitas

Serves 2

## Preparation

Combine all ingredients in a bowl. Cover and refrigerate at least 30 minutes to allow flavors to blend. Serve tuna salad in a pita bread pocket.

## Nutrition information per serving

Calories 299, Total Fat 6.8 g, Saturated fat .7 g, Sodium 613 mg, Carbohydrate 36.1 g,  
Fiber 1.6 g, Protein 22.3 g

Hint: To lower the sodium content, rinse and drain the canned tuna prior to mixing with other ingredients