

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Spicy Tuna and Apple Pockets

Yield: 3 servings, 1/2 pocket each

- 1 teaspoon prepared mustard, any kind
- 3 tablespoons non-fat or low-fat plain or vanilla yogurt
- 1 teaspoon dried parsley
- 1 teaspoon instant chopped onion
- 1/4 teaspoon ground black pepper
- 6 ounces light tuna canned in water, drained
- 2 tablespoons grated Parmesan cheese
- 1/4 cup chopped cucumber or celery
- 1 medium apple, cored, not peeled, chopped
- 3 halves of pita bread, preferably whole wheat, about 6 1/2 inches wide
- 1 tablespoon prepared wasabi sauce or creamy horseradish sauce

1. Wash your hands and work area.
2. Shake mustard bottle well before measuring. In a mixing bowl, stir together mustard and yogurt. Stir in all remaining ingredients, except the pita bread and sauce.
3. Spread the inside of each pita half with 1 teaspoon prepared wasabi sauce or creamy horseradish sauce.
4. Fill each pita pocket with 1/3 of the tuna mixture. Serve cold.
5. Cover and refrigerate leftovers within two hours.



K-STATE
Research and Extension

Meal suggestion:

Serve with a green leafy salad, a small wedge of watermelon, and low-fat milk.

This extra lean, quick and easy-to-make cold main dish is low in cholesterol. It is a good source of dietary fiber and iron.

Nutrition Facts

Serving Size 1/2 pocket (183g)
Servings Per Container 3

Amount Per Serving

Calories 230 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 480mg **20%**

Total Carbohydrate 29g **10%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 20g

Vitamin A 4% • Vitamin C 6%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.