

Eat Smart • Move More

Garden Fiesta Tuna Pockets

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 15 ounces canned low-sodium black beans, drained and rinsed
- 10 ounces canned tuna packed in water
- 1 onion, diced (optional)
- 1 bell pepper, diced
- 1 carrot, diced
- ¾ cup corn kernels
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 4 teaspoons chili powder
- 2 teaspoons garlic powder
- 3 whole-wheat pita pockets, halved

NOTE: This recipe is considered high in sodium. Draining and rinsing canned vegetables may reduce their sodium amounts by up to 40%.

Directions

- In a mixing bowl, combine all ingredients except for pita pockets. Mix thoroughly to combine.
- Divide tuna mixture equally and serve in pita pockets.
- Serve immediately or refrigerate within 2 hours of preparing.

Nutrition Facts

6 servings per container
Serving size 1 serving (229g)

Amount per serving
Calories 270

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 470mg **20%**

Total Carbohydrate 39g **14%**

Dietary Fiber 9g **32%**

Total Sugars 5g

Includes g Added Sugars

Protein 20g

Vitamin D 0.9mcg 4%

Calcium 50mg 4%

Iron 3.4mg 20%

Potassium 570mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Add diced avocado for a tasty spin on this recipe.
- ▶ Black beans can be replaced with chickpeas or pinto beans.
- ▶ Instead of pita pockets, serve in whole-wheat tortillas or lettuce leaves.

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(Recipe from Summer Foods, Summer Moves, as listed at: <https://fns-prod.azureedge.net.>)

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