

Tuna Tarragon Pita Pocket

Recipe By C.

*adapted from Better Recipes.com, copyright '08

Recipe Yields:

four - 3 unit portions of protein AND fat

*(less the pita pocket)

Ingredients:

1/4 cup Kraft Light Mayo

2 Tbsp. Non-fat plain yogurt

3 Tbsp. chopped fresh chives

4 Tbsp. chopped fresh tarragon

1 tsp. minced lemon zest (grated lemon peel)

1 tsp. fresh lemon juice

1 tsp. Dijon mustard

freshly ground black pepper to taste

1 12 Oz. can Albacore tuna, packed in water, drained & flaked

Whole wheat Pitas *(Amount used will be listed on your individual menu for your carb units)

Directions:

Step 1: Drain and flake the tuna in a strainer. Set aside in the strainer.

Step 2: In a bowl, whisk together all of the ingredients, prior to the tuna. Add the prepared tuna into the bowl; cover and refrigerate for at least 30 minutes.

Step 3: Cut your pita pocket to the recommended size for your unit portion allotment. Place your protein unit/fat allotment inside of the pocket and enjoy!

Cooks Notes: To flake the tuna; in the strainer after you have rinsed the tuna and pressed out all of the excess water, use your fingers and break up the tuna until it looks fluffy and flaky. That's "flaking" your tuna.