



Tuna Melt/Tuna in Whole Grain Pita

½ can tuna

½ T fat free plain yogurt

spinach, chopped

black olives, slice

frozen artichoke hearts, thawed and chopped

¼ c. onion, chopped finely

1/3 c. part skim mozzarella cheese

2 slices multigrain, low carb bread (10g p/18g c/3g f)

Add yogurt to tuna and mix. Season with Mrs. Dash and Lemon Pepper to taste.

Add in all veggies and mix well.

Spoon onto low carb multi grain bread, add mozzarella cheese and toast till brown

OR stuff in pitas and serve

33g protein/29 g carb/11.5g fat (fat is only 3g in pitas)