

# Lemon Pepper Tuna Pita Sandwich

Entree

Ingredients	20 Servings		60 Servings		Directions
	Weight	Measure	Weight	Measure	
Pita Pocket, whole grain		10 each		30 each	1. Thaw pita pocket at room temperature overnight. Proper thawing will aid in handling the product without breaking and cracking.
Lettuce, romaine, EP	7 oz		1 lb 5 oz		<p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>2. Shred lettuce. Cut romaine head in half lengthwise through root end of lettuce. Rinse both halves thoroughly. Make 1 lengthwise cut leaving each root half intact, then cut across to make ¼" strips. Rinse cut romaine under running water and drain well. Salad spinner recommended. Set aside.</p> <p><b>CCP: Hold at 41° F or lower.</b></p>
Celery, small dice, EP		1/3 c		1 c	<p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>3. Rinse celery under running water or use pre-cut that does not require washing prior to use. Dice celery into small ¼" pieces.</p> <p><b>CCP: Hold at 41° F or lower.</b></p>
Starkist® Chunk Light Tuna in Water, 43 oz pouch		1 pouch		3 pouches	<p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>4. Combine Greek yogurt, mayonnaise, lemon pepper seasoning, celery, parsley, and pepper in a large bowl. Add undrained tuna and using fresh gloves, crumble into small pieces. Mix gently until all ingredients are combined.</p> <p><b>CCP: Hold at 41° F or lower.</b></p>
Greek yogurt, plain		½ c		1 ½ c	
Mayonnaise		½ c		1 ½ c	
Mrs. Dash® Lemon Pepper Seasoning, Salt Free		2 Tbsp		¼ c	
Parsley, fresh, finely chopped, EP		¼ c		¾ c	
Pepper		½ tsp		2 tsp	
					5. Cut pita rounds in half. To assemble pita, place ¼ c romaine lettuce into pita pocket. Using a #16 disher, add ¼ c tuna mixture into center of pocket. Serve 1 pocket immediately. Avoid holding for long periods of time to prevent pita from becoming soggy.

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Meal Components: Meat/Meat Alternate, Vegetable, and Grain

## Notes:

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

## Marketing Guide for Selected Items

Food as Purchased for	20 Servings	60 Servings
Romaine lettuce, heads	10.4 oz	2 lbs 9.6 oz
Celery	2 oz	6 oz

## Serving:

1 pita sandwich provides 2 oz eq meat/meat alternate, 1.5 oz eq grain, and 1/8 c dark green vegetable.

Serving Size	1 Serving Provides	Yield
K-8: 1 each 9-12: 1 each	K-8: 2 oz eq M/MA + 1/8 c dark green vegetable + 1.5 oz eq grain 9-12: 2 oz eq M/MA + 1/8 c dark green vegetable + 1.5 oz eq grain	20 or 60 servings

## Nutrients Per Serving

Calories 202 kcal	Sat Fat .74 g	Iron 1.93 mg
Protein 18.15 g	Chol 36.99 mg	Calcium 70.62 mg
Carb 19.20 g	Vit A 940.04 IU	Sodium 378 mg
Total Fat 6.41 g	Vit C 1.45 mg	Dietary Fiber 2.77 g