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Wasabi Tuna Pitas

Prep Time: 10 mins

Ingredients

- 6 ounce(s) fish, tuna, white albacore, packed in water, drained
- 2 tablespoon mayonnaise, light
- 2 tablespoon relish, sweet pickle
- 2 tablespoon onion(s), red, finely chopped
- 1/2 teaspoon wasabi powder
- 2 pita, whole-wheat, (6 inch) cut in half
- 4 piece(s) lettuce, red leaf
- 1 medium tomato(es), 4 (1/4-inch-thick) slices

Preparation

1. Combine first 5 ingredients in a small bowl; stir well.
2. Line each pita half with a lettuce leaf and tomato slice; fill with 1/4 cup tuna salad.

Yield: 4 servings (serving size: 1 pita half).