

## Tuna Salad in Pita

An easy snack or quick meal.

### Cooking Information:

Serves: 2

Total Time: 5 minutes



### Ingredients:

- \* 1 red onion, diced
- \* 1 jalapeno, diced
- \* ½ celery stick, diced
- \* 2 tbsp of low-fat mayo
- \* 1 can of tuna
- \* Pita bread

### Magnesium per ingredient\*

- 20 mg**
- 0 mg**
- 7 mg**
- 0 mg**
- 54 mg**
- 7 mg**

### Directions:

1. Combine all ingredients in a bowl and mix. Add salt and pepper to taste.
2. Serve in toasted pita bread.

**One serving of this recipe contains approximately 44 mg of magnesium\* based on the *Magnesium Calculator* within this site. Visit our *Magnesium Calculator* to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**