



## Tuna Cucumber Salad

Servings: 8

### Ingredients

- Three 5-ounce cans tuna in water, drained
- 1 cup carrot, peeled and grated (about 2 medium carrots)
- 2 cups cucumber, diced
- One 15-ounce can peas, drained
- ¾ cup Italian dressing

#### **Directions**

- 1. Wash hands and surfaces.
- 2. In a medium bowl, place drained tuna. Use fork to break apart chunks of tuna.
- 3. Add carrot, cucumber, peas and salad dressing. Mix well.
- 4. Serve immediately or refrigerate until ready to serve.
- 5. Refrigerate leftovers immediately.

## **Cooking tip**

- Serve on lettuce leaves, with crackers, or make a wrap with a tortilla.
- Frozen peas can be used in place of canned.





# Creamy Tuna Novdles

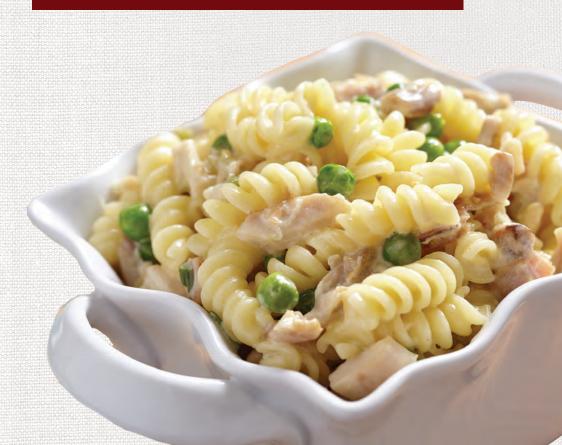
Servings: 6

### Ingredients

- · One 5-ounce can tuna, drained
- 1 teaspoon dried parsley
- ½ cup shredded cheddar cheese
- One 10.75-ounce can condensed cream of broccoli soup
- ½ cup milk or water
- 4 cups cooked noodles of choice
- One 15-ounce can mixed vegetables, drained

#### **Directions**

- 1. Wash hands and surfaces.
- 2. In a saucepan, combine tuna, parsley, cheese, soup and milk (or water). Over medium heat, stir until hot; add more milk (or water) if sauce is too thick.
- 3. Toss sauce, cooked pasta and can of mixed vegetables until coated.
- 4. Serve hot and refrigerate leftovers immediately.



## Oven-Toasted Tuna Melt

Servings: 4

### Ingredients

- Two 5-ounce cans tuna
- 4 medium celery stalks, chopped
- ½ cup diced American cheese
- ½ cup light mayonnaise
- 2 tablespoons minced onion
- 8 whole-wheat bread slices

#### **Directions**

- 1. Wash hands and surfaces.
- 2. Preheat oven to 350 F.
- 3. Drain tuna and break the meat apart with a fork.
- 4. Wash and chop the celery.
- 5. In a medium mixing bowl, use a wooden spoon to mix tuna, celery, diced cheese, mayonnaise and onion.
- 6. Spread tuna mixture on 4 pieces of whole-wheat bread and place a single slice of bread on top of each (making a total of 4 sandwiches).
- 7. Put each sandwich on a square of aluminum foil, and then wrap the foil around the sandwiches, folding edges securely.
- 8. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.
- 9. Refrigerate leftovers immediately.

## **Canned Tuna Facts**

#### **Nutritional information:**

- A 3-ounce serving of tuna provides
  22 grams of protein, which is
  44 percent of your daily
  recommended intake.
- Canned tuna is a good source of omega-3 fatty acids, which are essential fats your body uses to keep your skin, cardiovascular system and brain healthy.
- Tuna packed in water has more omega-3 fatty acids than does tuna packed in oil, even when it is drained.
- When shopping, look for low- or reduced-sodium products.

## Storage:

- Store unopened cans in a cool, clean and dry place.
- In the refrigerator, store remaining opened tuna in a tightly-covered container not made from metal. Use within two days.
- Make sure cans aren't badly dented or rusted. Wipe can tops with a clean cloth before opening them.

## Food safety:

- NEVER USE food from cans that are leaking, bulging or badly dented.
- DON'T TASTE canned food with a bad odor or that spurts liquid from the can when opened.



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## Tuna and Bean Wrap

Servings: 4

## Ingredients

- One 15-ounce can black beans, rinsed and drained
- One 12-ounce can tuna in water, drained
- One 15-ounce can diced tomatoes, well-drained
- Salt and pepper to taste
- 4 large tortilla shells (Can substitute wraps, lettuce or bread.)
- 2 cups spinach or lettuce

#### **Directions**

- 1. Wash hands and surfaces.
- 2. In a large bowl, combine beans, tuna and tomatoes. Toss gently, being careful to keep tuna in bite-size pieces; season with salt and pepper.
- 3. Line shell or wrap with lettuce or spinach, and spoon tuna salad into tortilla. Heat if desired or serve cold.
- Refrigerate leftovers immediately.







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