

# Can-Do TUNA



## *Tuna Cucumber Salad*

Servings: 8

### Ingredients

- 3 cans (5 ounces each) tuna in water, drained
- 1 cup carrot, peeled and grated (about 2 medium carrots)
- 2 cups cucumber, diced
- 1 can (15 ounces) peas, drained
- $\frac{3}{4}$  cup Italian dressing

### Directions

1. Wash hands and surfaces.
2. Place drained tuna in a medium bowl. 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 Noodles***

Servings: 6

### **Ingredients**

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

### **Directions**

1. Wash hands and surfaces.
2. Combine tuna, parsley, cheese, soup and milk (or water) in a saucepan. Stir over medium heat 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.
5. Refrigerate leftovers.



## Oven-Toasted Tuna Melt

Servings: 4

### Ingredients

- 2 cans (5 ounces each) 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 degrees F.
3. Drain tuna and break the meat apart with a fork.
4. Wash and chop the celery.
5. Mix tuna, celery, diced cheese, light mayonnaise and onion into a medium mixing bowl with a wooden spoon.
6. Spread tuna mixture on four pieces of the whole-wheat bread and place a single slice of bread on top of each (making a total of four 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**

- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (12 ounces) tuna in water, drained
- 1 can (15 ounces) 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.
4. Refrigerate leftovers immediately.

