Can-Do TUNA

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.

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Creamy Tuna Noodles

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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Need help stretching your food dollars? Contact your local resource center or go online to *mydss.mo.gov/food-assistance*

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.
4. Refrigerate leftovers immediately.

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