



Apple Tuna Sandwiches

Servings: 3

Ingredients:

- 1 (6-ounce) can tuna, packed in water, drained
- 1 apple
- $\frac{1}{4}$ cup yogurt, low-fat vanilla
- 1 $\frac{1}{2}$ teaspoon mustard
- 1 teaspoon honey
- 6 slices whole-wheat bread
- 3 lettuce leaves

Directions:

1. Wash hands and surfaces.
2. Wash and peel the apple. Dice into small pieces.
3. Drain the water from the can of tuna.
4. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
5. Spread $\frac{1}{2}$ cup each of the tuna mix onto three slices of bread.
6. Top each sandwich with a washed lettuce leaf and a slice of bread.
7. Refrigerate leftovers immediately.

Adapted from USDA, recipefinder.nal.usda.gov/recipes/apple-tuna-sandwiches

Additional cooking tips

- 4 ounces of shredded cheese is approximately 1 cup.
- 1 drained 6-ounce can yields $\frac{2}{3}$ – $\frac{3}{4}$ cup for measuring purposes.
- Tuna can be substituted for most salmon recipes.
- If substituting fresh herbs for dried herbs use $\frac{1}{3}$ of what the recipe asks because dry herbs are more potent. Conversely, if a recipe calls for dried and you would like to use fresh, triple the amount called for in the recipe.

Running out of money for food?

Contact your local food stamp office or go online to: dss.mo.gov/fsd/fstamp/

Oven Toasted Tuna Melt

Servings: 4

Ingredients:

- 2 (6-ounce) cans tuna
- 4 medium celery stalks, chopped
- ½ cup diced American cheese
- ½ cup light mayonnaise
- 2 tablespoon instant 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, and dice the cheese.
5. Mix tuna, celery, cheese, light mayonnaise and onion into a medium mixing bowl with a wooden spoon.
6. Spread tuna mixture on four of the pieces of whole-wheat bread and place a single slice of bread on top of each (you will make a total of 4 sandwiches).
7. Put each sandwich on a square of aluminum foil, and then wrap the foil around sandwiches, folding edges securely.
8. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.
9. Refrigerate leftovers immediately.



Adapted from USDA, recipefinder.nal.usda.gov/recipes/tuna-melt-burger

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, essential fats your body uses to maintain healthy skin and to maintain a healthy cardiovascular system and brain.
- Tuna packed in water has more omega-3 fatty acid than does tuna packed in oil, even when it is drained.
- When shopping, look for the low or reduced-sodium products. Rinse or drain canned tuna to help reduce the sodium content. This allows you to get the benefits of the tuna's protein and omega-3 fatty acid content without consuming excess amounts of salt.



Storage:

- Store unopened cans in a cool, clean, dry place.
- In the refrigerator, store remaining opened tuna in a tightly covered container not made from metal. Use within two days.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD website at: fns.usda.gov/food-safety/food-safety

Food Safety Information:

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

Baked Macaroni and Cheese

Servings: 4

Ingredients:

- 2 cups elbow macaroni or pasta of choice, dry
- 2 (5-ounce) cans tuna, drained
- ½ cup skim milk
- 1 (10.75-ounce) can cheddar cheese soup
- 1 cup shredded cheese
- 1 (15-ounce) can peas, drained

Directions:

1. Preheat oven to 350°F.
2. Wash hands and surfaces.
3. Cook macaroni in a pot according to directions on pasta.
4. While pasta is cooking combine soup and milk in a saucepan over medium-low heat. Cook until bubbly, stirring occasionally.
5. Add tuna and peas cook for 1 minute (set aside if pasta is not done).
6. Drain pasta and place back in pot and stir in sauce mixture. Pour into a baking dish and top with shredded cheese.
7. Bake until cheese is melted, about 15 minutes.
8. Refrigerate leftovers immediately.



MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅓ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon



Creamy Tuna Noodles

Servings: 6

Ingredients:

- 1 (6-ounce) can tuna, drained
- 1 teaspoon dried parsley
- ½ cup shredded cheddar cheese
- 1 (10.75-ounce) can condensed cream of broccoli soup
- ½ cup milk or water
- 4 cups cooked noodles of choice
- 1 (15-ounce) can mixed vegetable, drained

Directions:

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



Tuna and Bean Wrap Servings: 4

Ingredients:

- 1 can (15-ounce) black beans, rinsed and drained
- 1 can (11-ounce) tuna in water, drained
- 1 can (15-ounce) canned tomatoes, well drained
- Salt and pepper, to taste
- 2 cups spinach or lettuce
- 4 large tortilla shells*

*Can substitute with soft tortilla wraps, hard tortilla shells, lettuce or bread.

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 wrap with lettuce or spinach and spoon tuna salad into tortilla. Can heat up if desired or serve cold.
4. Refrigerate leftovers immediately.

Recipe courtesy of the Canned Food Alliance, www.mealtime.org

We hope you enjoy the recipes!

For additional information on nutrition and physical activities you can do with your family, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Each caller will receive a free healthy gift!

For more recipes and physical activity ideas, visit us online at missourifamilies.org.

COOKING TERMS

BEAT: to mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible

BLEND: to incorporate two or more ingredients thoroughly

BOIL: to heat a liquid until bubbles break continually on the surface

CHOP: to cut solids into pieces with a sharp knife or other chopping device; finely chop is just chopping solids into small pieces

DICE: to cut food into small cubes of uniform size and shape

DIVIDED: to use a particular ingredient more than once in the same recipe

FOLD: cut down through mixture with spoon, whisk, or fork and go across bottom of bowl, up and over, close to surface; the process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended

SAUTÉ: to cook and/or brown food in a small amount of hot fat

SIMMER: to cook slowly in liquid over low heat at a temperature of about 180 degrees; the surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles

STIR-FRY: to cook food by constantly stirring in a lightly oiled pan over high heat

Funded in part by USDA SNAP.

UNIVERSITY OF MISSOURI
 Extension

■ Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. Director, Cooperative Extension, University of Missouri, Columbia, MO 65211
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