



# Healthy Ways to Eat Canned Tuna



Eat seafood in place of meat or poultry twice a week

1. Add canned tuna to salad, sandwiches, casseroles and pasta salads!
2. Season with salt & pepper; serve on top of whole wheat crackers or sliced cucumbers.
3. Make Quick Tuna Salad. Serve on a bed of greens or whole grain bread with melted cheese!

#### Ingredients:

2 (5-oz.) cans of tuna, drained  
¼ cup light mayo or plain low fat yogurt (or a mix)  
¼ cup onion, finely chopped  
¼ cup celery, chopped  
Salt & pepper to taste

#### Optional add-ins:

1 teaspoon Dijon mustard  
2 teaspoons sweet pickle relish  
2 teaspoons lemon juice  
1 Tablespoon fresh or 1 teaspoon dried herbs

#### Directions:

1. In a bowl, combine the chicken, mayo/yogurt, onion and celery. Mix until evenly combined.
2. Add any of the optional ingredients. Add salt & pepper to taste.

4. Make Tuna Pasta Salad. Store a batch in the fridge to eat throughout the week!

#### Ingredient

8-oz. whole wheat pasta  
1 (15-oz.) can green beans or peas, drained  
1 (5-oz.) cans tuna, drained & flaked  
1 (15-oz.) can beans (any kind), drained & rinsed  
½ cup onion, finely chopped  
1 bell pepper, chopped  
½ pint cherry tomatoes, halved or 1 (15-oz.) can diced tomatoes, drained (optional)

#### Vinaigrette:

2 Tablespoon vinegar or lemon juice  
2 Tablespoons oil  
½ teaspoon salt  
¼ teaspoon pepper  
½ teaspoon dried dill or other herb (optional)  
½ teaspoon garlic powder (optional)  
2 teaspoons Dijon mustard (optional)

#### Directions:

1. Cook pasta according to package instructions. Drain and rinse with cold water. Set aside.
2. In a large bowl, mix together vegetables, tuna, beans, onion, pepper and tomatoes. Mix in chilled pasta.
3. In a small bowl, combine the vinaigrette ingredients and whisk to combine. Pour over salad and mix.

5. Make Tuna Noodle Casserole for a quick and easy dinner.

#### Ingredients:

1 (10-oz.) can cream of mushroom soup  
½ cup low-fat or nonfat milk  
1 (15-oz.) can of peas or green beans, drained

2 (5-oz.) cans tuna, drained  
2 cups whole wheat pasta/egg noodles  
½ cup breadcrumbs or shredded cheese (optional)

#### Directions:

1. Preheat oven 350°F. Cook and drain pasta according to package instructions.
2. Combine soup, milk, vegetables, tuna and cooked pasta in a greased casserole dish.
3. Top with breadcrumbs or shredded cheese, if using.
4. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

6. Make Tuna Cakes. Serve on their own with a side of spinach or on whole grain buns.

#### Ingredients:

2 (5-oz.) cans tuna, drained and flaked  
½ cup whole wheat bread crumbs  
2 eggs, beaten  
¼ cup finely chopped onion  
½ teaspoon salt

¼ teaspoon pepper  
½ teaspoon garlic powder (optional)  
1 Tablespoon lemon juice (optional)  
1 teaspoon dried dill or parsley (optional)  
2 Tablespoons oil

#### Directions:

1. In a bowl, combine tuna, breadcrumbs, eggs, onions, salt and pepper. Add optional ingredients if using.
2. Form mixture into 6-8 patties. In a large skillet, heat oil over medium-high heat.
3. Cook patties on each side for 3-4 minutes or until golden brown.

## 7. Make a Tuna Zucchini Pasta Bake for a light & tasty no-fuss meal.

### Ingredients:

2 cups whole wheat pasta	2 teaspoons Italian seasoning (basil, oregano & parsley)
2 (5-oz.) cans tuna, drained	½ teaspoon salt
2 cups zucchini, sliced then quartered	¼ teaspoon pepper
1 (15-oz.) can diced tomatoes, tomato sauce or spaghetti sauce	½ cup whole wheat bread crumbs
1 teaspoon garlic powder	2 teaspoons oil or melted butter
	¼ cup grated parmesan or mozzarella (optional)

### Directions:

1. Preheat oven 350°F. Cook and drain pasta according to package instructions.
2. Slice zucchini into coins, then cross-wise into quarters. In a greased casserole dish, combine cooked pasta, drained tuna, zucchini, tomatoes/tomato sauce, garlic powder, Italian seasoning, salt & pepper.
3. In a bowl, mix bread crumbs with oil/melted butter and cheese (if using). Spread on top of casserole.
4. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

## 8. Make Tuna Stuffed Tomatoes in the oven or microwave.

### Ingredients:

2 (5-oz.) cans tuna, drained	3 Tablespoons oil
4 large tomatoes	½ teaspoon garlic powder
½ cup whole wheat bread crumbs	1-2 teaspoons dried herbs of choice
¼ cup finely chopped onion	¼ teaspoon each of salt & pepper
¼ cup chopped bell pepper	½ cup shredded cheese (optional)

### Directions:

1. Preheat oven to 400 °F. Cut a thin slice from the top of each tomato and scoop out most of the pulp leaving a thick shell so that the tomato will hold its shape. Invert on paper towel and set aside.
2. Combine tuna, bread crumbs, onion, bell pepper, oil, garlic powder, dried herbs, salt and pepper. Stuff each tomato with tuna salad mixture and place in lightly greased baking dish. Top with cheese, if using.
3. Oven: Bake for 15 - 20 minutes, or until heated through and cheese is melted.

*Microwave:* Cover stuffed tomatoes with plastic wrap. Poke several holes in plastic wrap to allow steam to escape. Microwave on HIGH about 5 minutes or until filling is thoroughly heated and tomatoes are tender. Sprinkle tops with cheese. Microwave on HIGH until cheese melts.

## 9. Make Tuna & Vegetable Pasta in White Sauce for a creamy dish without the added fat.

### Ingredients:

12-oz. whole wheat pasta	1 cup low-fat milk
1 Tablespoons butter or oil	1 cup chicken stock or water
4 garlic cloves, minced (or 2 tsp garlic powder)	1 tsp Italian seasoning (basil, oregano & parsley)
3 Tablespoons all-purpose flour	½ teaspoon salt
1 (5-oz) can tuna, drained	¼ teaspoon black pepper
1 (15-oz.) can spinach or peas, drained	¾ cup grated parmesan cheese (optional)

### Directions:

1. Cook and drain pasta according to package instructions. Set aside.
2. Heat butter/oil in a saucepan over medium-high heat. Add garlic and cook 1 minute, stirring constantly. Sprinkle with flour and stir to combine; cook for an additional minute, stirring occasionally.
3. Slowly add chicken broth, whisking to combine until smooth. Whisk in milk. Cook until mixture begins to bubble and starts to thicken. Add spinach/peas, tuna, salt, pepper, seasonings, and cheese (if using).
4. Add pasta to sauce and heat through. Serve warm.

## 10. Make Tuna Boats\* for a snack enjoyed by kids and adults alike!

### Ingredients:

2 large cucumbers	1 Tablespoon oil
2 Tablespoons lemon juice	1 Tablespoon Dijon or other mustard
¼ cup chopped onion	½ teaspoon salt
1 (5-oz) can tuna, drained	¼ teaspoon black pepper
1 (15-oz.) can white beans, drained & rinsed	

### Directions:

1. Peel cucumbers if desired. Cut lengthwise. Scoop out the seeds with a spoon.
2. In a medium bowl, mash beans with a fork. Add remaining ingredients.
3. Fill each cucumber half with ¼ tuna mixture. Serve cold.

