



HEALTHY WAYS CANNED TUNA



Tips!

- Eat seafood in place of meat or poultry twice a week
- Add canned tuna to salad, sandwiches, casseroles and pasta salads!
- Season with salt & pepper; serve on top of whole wheat crackers or sliced cucumbers.

RECIPES

Quick Tuna Salad

Ingredients:

2 (5oz) cans of tuna, drained
1/4 cup light mayo or plain low fat yogurt
1/4 cup onion, finely chopped
1/4 cup celery, chopped
Salt & pepper to taste

1 tsp Dijon Mustard (optional)
2 tsp sweet pickle relish (optional)
2 tsp lemon juice (optional)
1 tbsp fresh or 1 tsp dried herb, any kind (optional)

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.

Tuna Pasta Salad

Ingredients:

8 oz whole wheat pasta
1 (15oz) can green beans or peas, drained
1 (15oz) can tuna, drained & flaked
1 (15oz) can bean (any kind)
1/2 cup onion, finely chopped
1 bell pepper, chopped
1/2 pint cherry tomatoes, halved or
1 (15oz) can diced tomatoes, drained (optional)

vinaigrette:
2 tbsp vinegar or lemon juice
2 tbsp oil
1/2 tsp salt
1/4 tsp pepper
1/2 dried dill or other herb
1/2 tsp garlic powder (optional)
2 tsp Dijon mustard (optional)

Directions:

1. Cook pasta according to package instruction. Drain and rinse with cold water. Set aside.
2. In a large bowl, mix together vegetable, 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.

Tuna Noodle Casserole

Ingredients:

1 (10oz) can cream of mushroom soup
1/2 cup low fat or nonfat milk
1 (15oz) can of peas or green beans, drained

2 (5oz) cans tuna, drained
2 cups whole wheat pasta/egg noodles
1/2 cup breadcrumbs or shredded cheese

Directions:

1. Preheat oven 350F. Cook and drain pasta according to package instructions.
2. Combine soup, milk, vegetable, 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.
5. Serve warm.



MAKE IT A MEAL: RECIPES



Tuna Cakes

Ingredients:

- | | |
|--------------------------------------|--|
| 2 (5oz) can tuna, drained and flakes | 1/4 tsp pepper |
| 1/2 cup whole wheat bread crumb | 1/2 tsp lemon juice (optional) |
| 2 eggs | 1 tsp dried dill or parsley (optional) |
| 1/4 cup finely chopped onion | 2 tbsp oil |
| 1/2 teaspoon salt | |

Directions:

1. In a bowl, combine tuna, breadcrumb, egg, onion, 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.

Tuna Zucchini Pasta Bake

Ingredients:

- | | |
|--|---|
| 2 cups whole wheat pasta | 2 tsp Italian seasoning (basil, oregano, & parsley) |
| 2 (5oz) can tuna, drained | 1/2 tsp salt |
| 2 cups zucchini, slice then quartered | 1/4 tsp pepper |
| 1 (15oz) can diced tomatoes, tomato sauce or spaghetti sauce | 1/2 cup whole wheat bread |
| 1 tsp garlic powder | 2 tsp oil or melted butter |
| 1/4 cup grated parmesan or mozzarella (optional) | |

Directions:

1. Preheat oven 350F. 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 seasonings, salt & pepper.
3. In a bowl, mix bread crumb 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.

Tuna Stuffed Tomatoes

Ingredients:

- | | |
|----------------------------------|------------------------------------|
| 2 (5oz) cans tuna, drained | 3 tbsp oil |
| 4 large tomatoes | 1/2 tsp garlic powder |
| 1/2 cup whole wheat bread crumbs | 1-2 tsp dried herbs of choice |
| 1/4 cup finely chopped onion | 1/4 tsp each of salt and pepper |
| 1/4 cup chopped bell pepper | 1/2 cup shredded cheese (optional) |

Directions:

1. Preheat oven to 400F. Cut a thick slice from the top of each 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.
4. 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.

Tuna Boats

Ingredients:

- | | |
|----------------------------|-------------------------------|
| 2 large cucumbers | 1 tbsp oil |
| 2 tbsp lemon juice | 1 tbsp Dijon or other mustard |
| 1/4 cup chopped onion | 1/2 tsp salt |
| 1 (15oz) can tuna, drained | |

Directions:

1. Peel cucumbers if desired. Cut lengthwise. Scoop out the seeds with a spoon.
2. In a medium bowl, mash beans with fork. Add remaining ingredients.
3. Fill each cucumber half with 1/4 tuna mixture. Serve cold.