



Canned Light Tuna

In Water, Canned

Foods from the meat and beans group are made of protein. Protein is needed to build and repair cells. Canned tuna is a good source of protein. It is fully cooked and can be eaten cold right out of the can or added to your favorite recipe to be served either hot or cold.

Nutrition Information

Tuna is part of the meat and beans group. Foods from the meat and beans group provide important nutrients like protein and iron.

Based on MyPyramid, 2 to 3 ounces of canned tuna provides 2 to 3 ounces from the meat and beans group.

A typical person should try to eat 5½ ounces of meat and beans every day.

Tuna is low in calories, fat and cholesterol.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened canned tuna in a tightly covered plastic container in the refrigerator.

Use within 2 days!

**Do not use canned tuna if can is rusted, bulging, or dented!
Throw it away!**

Uses

- ✓ Spread tuna on whole wheat crackers or use as a filling in pita bread for a quick snack.
- ✓ Add tuna to prepared macaroni and cheese for an easy dinner.
- ✓ Mix tuna into a green salad for added protein.



Know how. Know now.



Recipes



Tuna Casserole

4 servings

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| 1 (7.25 oz.) pkg. macaroni & cheese | 1 (10¾ oz.) can cream of mushroom soup |
| 2 c. peas, canned or frozen | crushed cracker or bread crumbs (optional) |
| 1 (6 oz.) can tuna in water, drained | |

1. Prepare macaroni and cheese following directions on package.
2. Add peas, tuna, and cream of mushroom soup. Heat through.
3. Top with cracker or bread crumbs, if desired.

Nutrition Information per Serving: Calories 320, Total Fat 12 g (19% DV), Saturated Fat 5 g (27% DV), Cholesterol 35 mg (12% DV), Sodium 1140 mg (47% DV), Total Carbohydrate 29 g (10% DV), Dietary Fiber 5 g (19% DV), Sugars 10 g, Protein 22 g, Vitamin A 40%, Vitamin C 25%, Calcium 20%, Iron 15%.



Chinese Cashew and Tuna

6 servings

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| 2 (6 oz.) cans tuna in water, drained | ¼ c. onion or green onion, thinly sliced |
| 1 (10¾ oz.) can cream of mushroom soup | 1 (6.5 oz.) can sliced mushrooms (optional) |
| ¼ c. water | 1 c. whole cashews or other nuts, unsalted |
| 1 T. soy sauce | 2 c. chow mein noodles, divided |
| 1 c. celery, chopped | |

1. Preheat oven to 375°F. Grease a 2-quart casserole dish. Set aside.
2. Break tuna into bite-sized chunks.
3. In a bowl, mix together tuna, cream of mushroom soup, water, soy sauce, celery, onion, mushrooms, cashews, and 1 cup chow mein noodles. Mix well.
4. Put into prepared casserole dish.
5. Sprinkle with remaining 1 cup chow mein noodles.
6. Bake for 40 minutes.

Nutrition Information per Serving: Calories 660, Total Fat 33 g (51% DV), Saturated Fat 8 g (39% DV), Cholesterol 25 mg (8% DV), Sodium 1240 mg (52% DV), Total Carbohydrate 61 g (20% DV), Dietary Fiber 6 g (26% DV), Sugars 5 g, Protein 33 g, Vitamin A 2%, Vitamin C 4%, Calcium 10%, Iron 20%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.