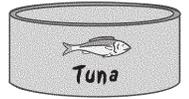


Cooking with Canned Tuna (packed in water)



Tuna is a nutritious source of protein, iron, and niacin. Because it is already cooked, it can be eaten right out of the can or used to make your favorite tuna dishes.

A serving of tuna is 2 to 3 ounces. A 12-ounce can will make about four servings.

How to store it

For best taste, store unopened cans of tuna in a cool, dry place until they are ready to be used.

Once opened, store unused tuna in a covered dish in the refrigerator. Use it within 3 days.

Tuna Macaroni Casserole (makes 4 to 6 servings)

What you need

12-ounce can tuna, drained
2 10¾-ounce cans cream of mushroom soup
1 cup frozen green peas (if you like)
black pepper (to taste)
2 cups cooked macaroni

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a medium bowl, mix the tuna, soup, peas, pepper and macaroni.
3. Spoon the mixture into a 9- by 13-inch baking dish.
4. Bake it at 350 degrees F for 30 to 35 minutes. Let it stand for about 10 minutes before serving.

Note: You can also use 2 cups of cooked rice instead of macaroni.

Quick Tuna Spread (makes 4 servings, ½ cup each)

What you need

12-ounce can of tuna, drained
½ cup mayonnaise-type salad dressing
3 tablespoons sweet pickle relish or chopped dill pickles
3 tablespoons chopped onion (if you like)
black pepper (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix together all the ingredients and chill it.
3. Serve it on whole-wheat bread for a quick and easy sandwich or on crackers for a delicious snack.

Tuna-Mac Surprise (makes 6 servings)

What you need

7¼-ounce box macaroni and cheese dinner
*milk and margarine to make the macaroni and cheese
½ cup milk
12 ounces canned tuna in water, drained
10¾-ounce can cream of mushroom soup
*Follow the directions on the package of the macaroni and cheese dinner.

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Make the macaroni and cheese according to the directions on the package.
3. Add the milk, tuna, and soup. Mix well and continue to cook until heated throughout.

Note: For added nutrition, add 1 cup thawed frozen chopped broccoli.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Revision