

COMMODITY FOODS

Tuna, canned in water.



Storage

- Store unopened cans in a cool, dry place.
- Unopened can should be used within 3 years.
- After opening can, store unused tuna in a covered container in the refrigerator and use within 3 days.

Uses & Tips

- Tuna is fully cooked and can be eaten cold right out of the can.
- Tuna can be used in casseroles, salads, sandwiches, dips and spreads.
 - Mix tuna with vegetables, lettuce and fruit for a nutritious tuna salad.
 - Add tuna to prepared macaroni and cheese.

Tuna Loaf Serves 4.

1 can (12 oz.) canned tuna, drained (keep liquid)
1 egg
Milk (about 2/3 cup)
1/2 cup cracker crumbs
1 Tbsp. lemon juice
1 Tbsp. prepared mustard
1 tsp. dried parsley
Salt & pepper, to taste

1. Mix tuna with egg.
2. Add enough milk to reserved tuna liquid to measure 3/4 cup.
3. Stir milk & tuna liquid mixture and remaining ingredients into tuna & egg mixture.
4. Spoon lightly into greased loaf pan.
5. Bake uncovered in a 350 degree oven until done, about 45 minutes.

NUTRITION FACTS (per serving) - Calories 130 ~ fat 4 g ~ calories from fat 100 ~ sodium 670 mg ~ total carbohydrate 25 g ~ fiber 1 g