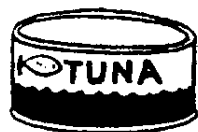


Canned Tuna



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



1. Mix tuna with egg.
2. Add enough milk to reserved tuna liquid to measure 3/4 cup. Stir.
3. Add remaining ingredients to milk and tuna liquid. Stir. Add to 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



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