

# Tuna Recipes



## Apple Tuna Salad Serves 6.

1 can (12 oz.) tuna, drained  
1 cup apples, unpeeled, diced  
1/2 cup celery, chopped

1/4 cup nuts, chopped  
1/2 cup lowfat mayonnaise or plain yogurt

1. Combine all ingredients. Chill.
2. Serve on lettuce or in a sandwich.

NUTRITION FACTS (per serving) - Calories 180 ~ fat 10 g ~ calories from fat 90 ~ sodium 400 mg ~ total carbohydrate 6 g ~ fiber 1 g

---

## Barbecued Tuna Serves 4.

1 can (12 oz.) tuna, drained  
1 cup celery, finely chopped

1/2 cup onion, chopped  
1 cup barbecue sauce

1. Combine all ingredients.
2. Simmer over low heat for 15 minutes.
3. Serve on hamburger buns.

NUTRITION FACTS (per serving) - Calories 160 ~ fat 2 g ~ calories from fat 10 ~ sodium 880 mg ~ total carbohydrate 11 g ~ fiber 2 g

---

## Tuna Burgers Serves 6.

1 can (12 oz.) tuna, drained,  
1/2 cup onion, chopped  
2 Tbsp. margarine  
1/3 cup dry bread crumbs

2 eggs, beaten  
1 tsp. prepared mustard  
1/2 tsp. salt  
1/2 cup dry bread crumbs

1. Break tuna into small pieces.
2. Cook onion in margarine until tender.
3. Combine cooked onion, 1/3 cup bread crumbs, tuna liquid, eggs, mustard, salt and tuna; mix well.
4. Shape into 6 burgers. Roll each burger in remaining (1/2 cup) bread crumbs.
5. Spray skillet with non-stick spray.
6. Cook burgers on moderate heat for 3-4 minutes or until brown on one side.
7. Turn carefully and cook until brown on other side.
8. Serve on hamburger buns.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 6 g ~ calories from fat 60 ~ sodium 620 mg ~ total carbohydrate 12 g ~ fiber 1 g



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
NUTRITION EDUCATION PROGRAMS

University of Illinois \* United States Department of Agriculture  
\* Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Supplemental Nutrition Assistance Program.