



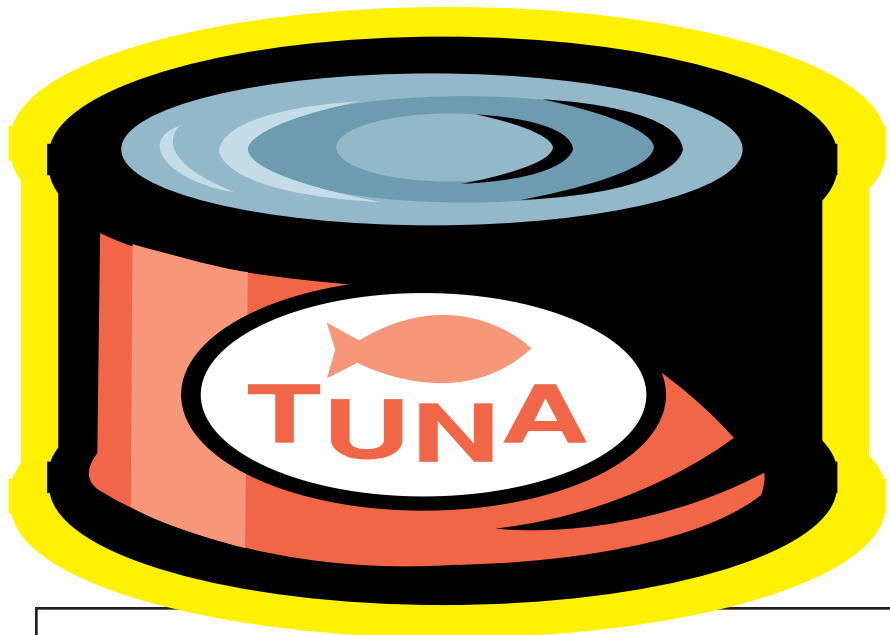
# Tuna Time

Tuna is a good, low-fat source of protein. Best of all, canned tuna is low cost, especially if you buy it on sale. Try some of these quick and easy recipes for healthful lunches and snacks.

## CARROT TUNA DIP

*This recipe makes a great dip for vegetables or spread it on bread to make a sandwich*

- 1 celery stalk
- 1/2 cup chopped carrots
- 1 (6 ounce) can water-packed tuna, drained
- 1/4 cup low-fat mayonnaise or low-fat plain yogurt
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon hot pepper sauce (optional)
- 2 teaspoons dried basil
- 1 large egg, hard-cooked and chopped
- Chop celery and carrots very fine by hand or using a blender or food processor. Add drained tuna, mayonnaise, salt and pepper, and hot pepper sauce. Stir until well blended. Stir in basil and chopped hard-cooked egg. Chill for 15 minutes and serve with fresh vegetables as a dip or as a sandwich spread.



## CHEESY TUNA MACARONI

- 8 ounces uncooked elbow macaroni
- 2 Tablespoons margarine or butter
- 2 Tablespoons all-purpose flour
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 1 cup canned reduced-sodium chicken broth
- 3/4 cup low-fat cheese, cut in cubes
- 1 (6 ounce) can water-packed tuna, drained and flaked
- Cook macaroni according to package directions, without adding salt. Drain; set aside. Melt margarine in medium saucepan over medium heat. Add flour, paprika and salt; cook and stir 1 minute. Add broth; bring to a simmer for 2 minutes or until sauce thickens.
- Add cheese; cook and stir until cheese melts. Combine tuna and pasta in medium bowl; pour sauce mixture over tuna mixture; toss to coat. Garnish with additional paprika, if desired. *Makes 5 servings.*

## TUNA CORN CHOWDER

2 strips bacon  
1 small onion, chopped  
2 ribs celery, chopped  
1-1/2 Tablespoons all-purpose flour  
2 cups low-fat milk  
1/2 teaspoon dried thyme leaves  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 cup frozen whole kernel corn  
1 (6 ounce) can water-packed tuna, drained

■ Cook bacon in large saucepan over medium-high heat until browned and crisp, turning once. Drain on paper towels. Pour off most of the drippings.

■ Add onion and celery to the bacon drippings left in the pan; cook and stir over medium-high heat 3 minutes or until softened.

■ Add flour, stirring until well blended. Stir in milk, thyme, salt and pepper. Cook, stirring frequently, until thickened.

■ Stir in corn and tuna; cook over medium heat 5 minutes or until corn is tender, stirring frequently. Crumble bacon. Serve chowder sprinkled with bacon on top.

■ To make the dressing, combine yogurt, vinegar, olives, thyme and garlic; stir. Season with salt and pepper, if desired. Set aside.

■ Cook pasta as directed on the package. Drain, rinse and drain again. Place in a large bowl with tuna, walnuts and peppers. Mix well. Just before serving, add the dressing and stir to coat. Sprinkle with parsley.

**CAUTION:** Young children can easily choke when eating raw fruit and vegetables, seeds, nuts, and hot dogs. Supervise children carefully when they are eating these foods.

## CONFETTI TUNA

1 (6 ounce) can water-packed tuna, drained and flaked

1/2 cup shredded red or green cabbage

1/2 cup shredded carrot

1/4 cup shredded yellow squash or zucchini

3 Tablespoons low-fat cream cheese, softened

1 Tablespoon plain low-fat yogurt

1/2 teaspoon dried basil, crushed

Salt and pepper to taste

12 (4-inch) celery sticks or pita bread cut in half

■ In a small bowl toss together tuna, cabbage, carrot and squash. Stir in cream cheese, yogurt and basil. Add salt and pepper to taste. Use a small spatula to spread the mixture evenly into celery sticks or into pita halves.

## BY-THE-SEA CASSEROLE

1 (16 ounce) bag frozen mixed vegetables

2 (6 ounce) cans water-packed tuna, drained

1 cup uncooked instant rice

1 (10-3/4) ounce can cream of celery soup

1 cup low-fat milk

■ Combine vegetables and tuna in a medium size mixing bowl. Stir in rice, soup and milk.

■ Place tuna mixture in 1-1/2-quart microwave-safe casserole dish; cover and microwave on High 6 minutes. Stir. Cover and microwave 6 to 8 minutes more or until rice is tender.

*Makes 8 servings.*

## CRUNCHY TUNA PASTA SALAD

1 cup plain low-fat yogurt

3 Tablespoons vinegar

3 Tablespoons chopped black olives

1 teaspoon dried thyme

1 clove garlic, minced

Salt and pepper to taste

12 ounces penne or other large-shaped dry pasta

1 (6 ounce) can water-packed tuna, drained

1/2 cup chopped walnuts

1/4 cup thinly sliced red or green pepper

2 Tablespoons chopped fresh parsley

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College of Agricultural Sciences

Sources: [www.5aday.org](http://www.5aday.org), [www.Favoritebrandrecipes.com](http://www.Favoritebrandrecipes.com)

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