**Tuna Basics**

Tuna is an excellent source of protein and contains heart-healthy omega-3 fats.

**Canned Tuna**

Here’s what the label can tell you:

- **Light tuna** – tan to tan-pink flesh. Has a softer texture and stronger flavor than albacore tuna.
- **White or albacore tuna** – white to light pink flesh. Has a firm texture and mild flavor.
- **Solid** – large, whole pieces of fish.
- **Chunk** – smaller pieces of fish. Might look shredded. Usually costs the least.
- **Water pack** – water or broth added to the can for processing. Fewer calories even when drained. Pouches contain less added liquid than cans.
- **Oil pack** – vegetable oil or canola oil added to the can for processing. More calories even when drained. Some omega-3 fats may be lost when drained. Pouches contain less added liquid than cans.

**Store Well, Waste Less**

- Store unopened cans of tuna in a cool, dry place. Discard cans that show leakage, bulges, or rust.
- Refrigerate leftover tuna in a tightly covered glass or plastic container. Use within 2 days for best quality.
- Check the ‘Best By’ date on the cans or pouches and use before the date for best quality.
- Try store brands of canned tuna. They may be cheaper.
- Avoid cans that have dents, bulges, or signs of leaking.
- Weight of tuna cans may vary. Use the shelf sticker to compare cost per ounce rather than cost per can for the best value.
- Vacuum-sealed pouches cost a little more but have little liquid to drain. They also come in single-serving sizes.
- Choose tuna canned in water for fewer calories and more omega-3 fats.
- Look for less sodium. Use the nutrition labels to compare sodium amounts between brands. Rinsing tuna with water will reduce sodium.
- Refrigerate leftover tuna in a tightly covered glass or plastic container. Use within 2 days for best quality.

5 ounce can = about 1/2 cup tuna drained
2.6 ounce pouch = about 1/3 cup tuna

Share on:

Contributions by oregonalbacore.org
**Cilantro Lime Tuna Wrap**

**Ingredients:**
- 3 Tablespoons lime juice
- 2 Tablespoons mayonnaise
- 2 cans (5 ounces each) tuna in water, drained
- ⅓ cup cilantro, chopped and loosely packed
- 2 green onions or ½ teaspoon onion powder
- 1 cup red bell pepper
- 1 jalapeno, minced (ribs and seeds removed)
- 5 medium flour tortillas
- 5 small lettuce leaves or 1 cup shredded lettuce

**Directions:**
1. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
2. Divide tuna mixture between 5 tortillas. Spread to edges.
3. Top with lettuce and fold or roll into a wrap.
4. Refrigerate leftovers within 2 hours.

**Note:** No peppers? Use 1 cup diced celery and ¼ cup canned green chilies.

**Makes** 1½ cups filling / 5 wraps

**Prep time:** 15 minutes

---

**Tuna Veggie Melt**

**Ingredients:**
- 1 can (5 ounces) tuna in water, drained
- 1 stalk celery, chopped (about ¼ cup)
- 1 green onion, sliced
- ⅓ cup grated cheddar cheese

**Directions:**
1. In a small bowl, mix tuna, celery, onion, carrot, mayonnaise and pepper.
2. Top each muffin half with tuna mixture and grated cheese.
3. Broil until cheese melts, about 3 minutes.
4. Refrigerate leftovers within 2 hours.

**Makes** 6 open-faced melts

**Prep time:** 10 to 15 minutes

**Cook time:** 3 minutes

---

**Stovetop Tuna Casserole**

**Ingredients:**
- 8 ounces egg noodles (5 cups dry)
- 2 cups frozen peas
- 1 can (10.5 ounces) condensed cream of chicken soup
- 1 teaspoon chicken bouillon
- 1 can (5 ounces) tuna in water, drained
- ⅛ teaspoon pepper
- ½ teaspoon onion powder
- 1 Tablespoon prepared mustard
- ¼ cup nonfat or 1% milk

**Directions:**
2. Mix remaining ingredients in a small bowl. Add to noodles and stir well.
3. Cook on low heat, stirring often, until heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

**Makes** 7 cups

**Prep time:** 10 minutes

**Cook time:** 10-15 minutes

---

**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:
- wipe off can lids before opening.
- use a can opener and safely handle sharp edges.
- mix ingredients together.