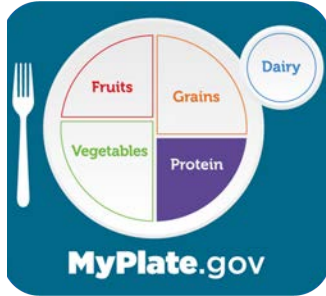


Tuna

Fun Facts:

- Both canned and fresh tuna are **packed with protein** to help your body stay strong.
- Tuna is full of health fats which are good for your heart and brain.
- Tuna gives you important nutrients like vitamin D, vitamin B12, and selenium.
- Canned and fresh tuna are healthy choices that can fit into meals easily. Try to choose tuna in water when selecting canned fish.



Canned salmon is a
great substitute
for canned tuna.

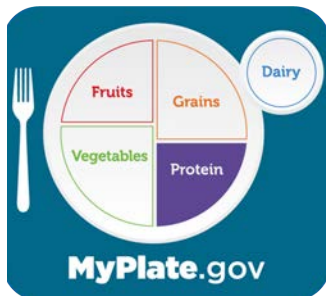
Ways to Eat Tuna:

1. **Add it to greens** – great addition to any salad
2. **Cook it with grains** – add to soup, stir fry, pasta, or casserole
3. **Pack it into a patty** – add herbs, spices, and vegetables
4. **Snack time fun** – eat it with crackers or in celery sticks for a quick and easy snack on the go.

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Crispy Tuna Patties

Servings: 4

Serving size: 1 patty

Ingredients

- 1 (5 ounce) can tuna, packed in water, drained
- ¼ cup diced onion
- ⅓ cup shredded or diced vegetables (such as carrots, celery, peppers, or zucchini)
- 2 tablespoons Italian salad dressing
- 1 teaspoon garlic powder
- 1 large egg, beaten
- ⅓ cup plain bread crumbs
- 2 teaspoons olive oil

Directions

1. Stir tuna, onion, vegetables, dressing and garlic powder in a bowl. Mix in the beaten egg.
2. Stir the bread crumbs into the mixture. Let the mixture rest for 5 minutes.
3. Make into 4 patties.
4. In a skillet, heat olive oil over medium heat. Cook the patties on each side for about 2-3 minutes, until browned.



Nutrition Facts

4 servings per container

Serving size 1 patty

Amount per serving

Calories 150

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 290mg 13%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 1mcg 6%

Calcium 33mg 2%

Iron 1mg 6%

Potassium 175mg 4%

Vitamin C 16mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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