

Twisted Tuna

Makes: 15 or 60 servings

15 Servings

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Ingredients	15 Servings		60 Servings	
	Weight	Measure	Weight	Measure
Tuna, canned in water, drained	3 - 12 oz cans		12- 12 oz cans	
Peas, frozen		2 cups		8 cups
Onions, chopped		1 cup		4 cups
Celery, chopped		1 cup		4 cups
Yogurt, plain low-fat		1/4 cup		1 cup
Pepper, black		1 tsp		4 tsp
Tortilla, whole grain, 8"		15		60

Directions

1. Drain tuna, place in bowl.
2. Cook peas as directed, allow to cool.
3. Add celery, onions and peas to tuna and combine.
4. Add yogurt and pepper. Stir until mixed well.
5. Spoon 1/2 cup of the mixture onto 1 tortilla.

Notes

Serving Tips:

This twist on normal tuna salad adds an extra helping of vegetables to your child's lunch. Try it with peppers, carrots or any other vegetables you have.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	169	
Total Fat	1 g	
Protein	20 g	
Carbohydrates	24 g	
Dietary Fiber	3 g	
Saturated Fat	NA	
Sodium	412 mg	