

Tuna Tostadas

INGREDIENTS

- 3, 5 oz cans of tuna - no salt added, drained.
- 1, 8.5 oz can of sweet corn- no salt added.
- ½ of a white onion, diced
- 1 cup of chopped cilantro
- 2 tbsp. fresh salsa- mild
- 8 baked corn tostadas
- hot sauce to taste
- plain low-fat Greek yogurt

8 SERVINGS

20 MINUTES



Adapted from:
<https://www.allrecipes.com>

PROCEDURE

1. Place the drained tuna into a small bowl. Stir in corn, onion, cilantro, and salsa. Add a small amount of hot sauce to taste.
2. Spoon onto tostada shells, top with greek yogurt, and serve!

Chef Tip: For extra flavor, try baked corn tostadas made with nopal (cactus)!

Spicy Tuna Fish Cakes

INGREDIENTS

- 3, 5 oz cans no-salt-added tuna, drained
- 1 large russet potato
- 1 tbsp. plain breadcrumbs
- ¼ cup chopped white onion
- 1 large egg
- ½ tsp. ground mustard
- 1 ½ tsp. garlic powder
- 1 tsp. italian seasoning
- ¼ tsp. cayenne pepper
- 1 tbsp. olive oil

4 SERVINGS
55 MINUTES



Adapted from:
<https://www.allrecipes.com>



PROCEDURE

1. Place the large potato in a small pot and cover with water; bring the water to a boil over high heat. Then reduce the heat to medium-low, cover the pot, and simmer for approximately 20 minutes.
2. Drain the water and allow the potato to dry in the pot for 1-2 minutes. Transfer the potato to a large bowl and mash it.
3. Add the drained tuna, onion, egg, mustard, breadcrumbs, garlic powder, Italian seasoning, and cayenne pepper to the large bowl. Mix until ingredients are thoroughly combined.
4. Divide the tuna mixture into eight equal portions and shape them into patties.
5. Heat olive oil in a pan over medium heat, and add the tuna patties. Pan fry the patties until browned and crisp, about 3 minutes per side.

Tuna Salad Lettuce Wraps

INGREDIENTS

- 1, 5 oz can no-salt-added tuna, drained
- 1 tbsp. light mayo
- 1 tsp. red wine vinegar
- ¼ cup chopped celery
- ¼ cup chopped red onion
- ¼ cup broccoli florets
- 2 green leaf lettuce leaves

2 SERVINGS
15 MINUTES



Adapted from:
<https://www.Skinnytaste.com>



PROCEDURE

1. In a large bowl, combine drained tuna, light mayo, red wine vinegar, celery, red onion, and broccoli florets.
2. Mix until all ingredients are combined.
3. Spoon tuna salad into the lower third of the lettuce leaf, fold both sides of the lettuce over the filling, and roll the wrap to the end of the leaf.

Tuna Pasta

INGREDIENTS

- 2, 5 oz cans no-salt-added tuna, drained
- 1 tbsp. olive oil
- 1 cup white onion. diced
- 2 cloves of garlic, minced
- 16 oz whole grain penne pasta
- 1 15 oz can of diced tomatoes- no salt added
- 1 tbsp. lemon juice
- 1 tbsp. parsley
- ¼ tsp. red pepper flakes
- 1 tbsp. capers, optional

6 SERVINGS
30 MINUTES



Adapted from:
<https://www.allrecipes.com>



PROCEDURE

1. Bring a large pot of water to a boil. Add penne and cook, stirring occasionally, until tender yet firm to the bite, 10 to 12 minutes.
2. Heat oil over low heat in a large skillet. Add onion and garlic; cook, stirring, until the onion is tender, about 5 minutes.
3. Stir in tomatoes, capers, lemon juice, parsley, and pepper flakes. Simmer gently until sauce thickens, about 3 minutes.
4. Fold in tuna and cook until heated through.
5. Drain penne and return to the pot. Pour sauce over pasta and toss to coat.

Tuna Melts

INGREDIENTS

- 1, 5 oz can no-salt-added tuna, drained
- 1 tbsp. light mayo
- 1 tsp. red wine vinegar
- ¼ cup diced carrots
- ¼ cup chopped celery
- 1 tbsp. red onion diced
- 2 slices of tomato
- 2 slices whole wheat bread
- olive oil spray

2 SERVINGS
10 MINUTES



Adapted from:

<https://www.Skinnytaste.com>



PROCEDURE

1. In a large bowl, combine drained tuna, celery, carrots, onion, light mayo, and red wine vinegar. Mix until all ingredients are well combined.
2. Heat a large pan or griddle over low heat and spray with olive oil.
3. Place two pieces of bread in the pan or griddle.
4. Top the bread with tuna salad and a slice of tomato, and cover the pan or griddle until the bread toasts.
5. Top the tomato with black pepper if desired!

Lemon Tuna Pasta

INGREDIENTS

- 6 oz dry pasta (choose whole wheat for added fiber!)
- 1, 5oz can no-salt-added tuna, drained
- 1 medium fennel bulb, thinly sliced (or substitute 1 medium onion, thinly sliced)
- 2 cloves garlic, minced
- 2, 14.5 oz cans no-salt-added diced tomatoes, undrained
- tablespoons chopped fresh parsley (or 2 teaspoons dried parsley)
- 1 teaspoon lemon zest (or 1–2 tablespoons bottled lemon juice)
- 3 tablespoons olive oil

4 SERVINGS
30 MINUTES



Adapted from:
<https://www.eatingwell.com>



PROCEDURE

1. Bring a large pot of water to a boil and cook pasta according to package instructions. Fully drain pasta.
2. In a medium saucepan, heat olive oil over medium heat. Add in fennel and cook for 3 minutes, stirring occasionally. Then stir in garlic and crushed red pepper flakes. Cook for about a minute.
3. Stir in tomatoes and bring to a boil. Reduce the heat and simmer uncovered for 5 minutes.
4. Stir in drained tuna and simmer uncovered for another minute or until the tuna is heated through.
5. Pour the tuna mixture over the pasta and gently stir to combine.
6. Top each serving with parsley and lemon zest.

Tuna and Veggie Grain Bowl

INGREDIENTS

- 2, 5oz cans of no-salt-added tuna, drained
- 2 medium beets, peeled and diced
- 2 medium parsnips, peeled and diced
- 2 medium carrots, peeled and diced
- 2 cups cooked farro (or substitute cooked brown rice, barley, or quinoa)
- ½ cup non-fat plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley (or 1 teaspoon dried parsley)
- 3 tablespoons olive oil
- 1 teaspoon dried oregano

4 SERVINGS
40 MINUTES



Adapted from:
<https://www.eatingwell.com>



PROCEDURE

1. Preheat oven to 400°F.
2. Toss diced beets, parsnips, and carrots with 3 tablespoons oil in a large bowl. Sprinkle with 1 teaspoon oregano. Spread the vegetables evenly on a large rimmed baking sheet. Roast until tender and lightly browned around the edges, 25 to 30 minutes, stirring once halfway through.
3. Meanwhile, stir ½ cup yogurt, 1 tablespoon lemon juice, and 1 tablespoon parsley in a small bowl.
4. Divide 2 cups farro among 4 bowls. Top with the roasted vegetables and tuna. Dollop about 2 tablespoons yogurt sauce onto each bowl.

Tuna Zucchini Pasta

INGREDIENTS

- 1. 5oz can of no-salt-added tuna, drained
- 6 ounces whole-grain spaghetti
- 2 medium zucchini, cut in half lengthwise and sliced crosswise
- 1 medium Roma tomato, chopped
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- ¼ cup chopped fresh basil or parsley, divided (or 1–2 teaspoons dried basil or parsley)
- 2 tablespoons olive oil

4 SERVINGS
30 MINUTES



Adapted from:
<https://www.eatingwell.com>



PROCEDURE

1. Cook pasta according to package directions. Drain.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add zucchini and cook for about 3 minutes or until just tender. Add garlic and cook for 30 seconds more. Add the pasta and 2 tablespoons of the basil (or parsley). Heat through.
3. Top with tuna, and sprinkle with chopped tomato, Parmesan, and the remaining 2 tablespoons basil (or parsley).