

HEALTHY CANNED TUNA RECIPES



Niçoise
Egg Salad

Sesame
Tuna Salad

Quick Tuna
Burgers

Tuna,
Artichoke &
Basil Stuffed
Potatoes

Tuna-&-
Tomato Mac
& Cheese

Spicy Tuna
Wrap

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Casserole

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Antipasto
Salad

Healthy Canned Tuna Recipes

NIÇOISE EGG SALAD

☒ Heart Health ☐ Diabetes

☒ Weight Loss ☒ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 20 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 2 days.

Green beans, tuna and olives make this Niçoise-style egg salad recipe substantial. Serve it over salad greens.

- 3 tablespoons nonfat plain yogurt
- 3 tablespoons low-fat mayonnaise
- 2 tablespoons finely chopped red onion
- 2 tablespoons white-wine vinegar
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 8 hard-boiled eggs (see *Tip*)
- 1 5- to 6-ounce can chunk-light tuna in water, drained
- 1 cup chopped cooked green beans
- 3 tablespoons chopped Niçoise or Kalamata olives

1. Combine yogurt, mayonnaise, onion, vinegar, pepper and salt in a medium bowl.
2. Halve eggs and discard 4 of the yolks (or save for another use). Add whites and the remaining 4 yolks to the bowl and mash to desired consistency. Gently stir in tuna, green beans and olives.

SERVES 4: ABOUT 1 CUP EACH

Per serving: 185 calories; 9 g fat (2 g sat, 4 g mono); 195 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 17 g protein; 1 g fiber; 510 mg sodium; 258 mg potassium.



TIP

To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

Healthy Canned Tuna Recipes

SESAME TUNA SALAD

✓ Heart Health ✓ Diabetes

✓ Weight Loss ✓ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Toasted sesame oil transforms a humble staple like canned tuna into an elegant supper. We love the crunch of napa cabbage in this salad, but romaine lettuce would also work if you happen to have that on hand.

- ¼ cup rice vinegar or lemon juice
- 3 tablespoons canola oil
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 1½ teaspoons sugar
- 1½ teaspoons minced fresh ginger
- 2 5- to 6-ounce cans water-packed chunk light tuna, drained
- 1 cup sliced sugar snap peas or snow peas
- 2 scallions, sliced
- 6 cups thinly sliced napa cabbage
- 4 radishes, julienne-cut or sliced
- ¼ cup fresh cilantro leaves
- 1 tablespoon sesame seeds
- Freshly ground pepper to taste

- 1.** Whisk vinegar (or lemon juice), canola oil, soy sauce, sesame oil, sugar and ginger in a small bowl.
- 2.** Combine 3 tablespoons of the dressing with tuna, peas and scallions in a medium bowl.
- 3.** Divide cabbage among 4 plates. Mound one-fourth of the tuna mixture (about ½ cup) in the center of each plate and garnish with radishes, cilantro and sesame seeds. Drizzle with the remaining dressing (about 2 tablespoons per salad) and season with pepper.

SERVES 4

Per serving: 228 calories; 16 g fat (2 g sat, 9 g mono); 12 mg cholesterol; 9 g carbohydrate; 2 g added sugars; 14 g protein; 3 g fiber; 353 mg sodium; 200 mg potassium.

Nutrition bonus: Vitamin C (80% daily value), Vitamin A (37% dv).

Carbohydrate servings: ½

Exchanges: 2 vegetable, 1½ lean meat, 3 fat



Healthy Canned Tuna Recipes

QUICK TUNA BURGERS

☒ Heart Health ☒ Diabetes

☒ Weight Loss ☐ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Turn a couple cans of tuna into a zesty tuna burger with this quick recipe. If you can't find good whole-wheat hamburger buns, whole-wheat English muffins are a great substitute. The burger mixture might seem a little soft going into the pan, but once the first side is cooked, you'll be able to flip them easily. Serve with steamed broccoli or sweet potato fries.

2 5- to 6-ounce cans chunk light tuna
(see *Tip*, page 5), drained

½ cup coarse dry whole-wheat
breadcrumbs (see *Tip*)

½ cup low-fat mayonnaise, divided

1 4-ounce jar chopped pimientos,
drained, or **⅓ cup chopped roasted**
red peppers, divided

¼ cup finely chopped celery

¼ cup finely chopped onion

½ teaspoon Old Bay seasoning, divided

1 tablespoon extra-virgin olive oil

4 whole-wheat hamburger buns or
English muffins, toasted

4 lettuce leaves

4 slices tomato

1. Combine tuna, breadcrumbs, ¼ cup mayonnaise, half of the pimientos (or roasted red peppers), celery, onion and ¼ teaspoon Old Bay seasoning in a medium bowl, breaking up any larger pieces of tuna until the mixture is uniform and holds together.

2. Combine the remaining ¼ cup mayonnaise, the remaining pimientos (or peppers) and ¼ teaspoon Old Bay seasoning in a bowl.

3. Heat oil in a large nonstick skillet over medium heat. Using a generous ⅓ cup each, form the tuna mixture into four 3-inch burgers. Cook until heated through and golden brown, about 2 minutes per side.

4. Spread the top half of each bun (or English muffin) with pimiento mayonnaise and place a burger, lettuce and tomato on the bottom half.

SERVES 4



Per serving: 321 calories; 12 g fat (2 g sat, 5 g mono); 20 mg cholesterol; 39 g carbohydrate; 5 g added sugars; 17 g protein; 5 g fiber; 647 mg sodium; 365 mg potassium.

Nutrition bonus: Vitamin C (40% daily value), Vitamin A (29% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1½ lean meat, 2 fat

TIP

To make coarse dry breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ⅓ cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's "Panko breadcrumbs."

Healthy Canned Tuna Recipes

TUNA, ARTICHOKE & BASIL STUFFED POTATOES

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

These baked potatoes topped with canned tuna, artichoke hearts, provolone cheese and basil may seem unconventional, but the flavor combination is awesome. Serve with a mixed green salad.

- 4 medium russet potatoes, scrubbed
- 2 5- to 6-ounce cans chunk light tuna (see *Tip*), drained
- $\frac{3}{4}$ cup nonfat plain Greek yogurt
- $\frac{1}{2}$ cup plus 2 tablespoons chopped fresh basil, divided
- 1 6-ounce jar marinated artichoke hearts, drained and chopped (about $\frac{1}{2}$ cup)
- 2 scallions, chopped
- 1 tablespoon capers, rinsed (optional)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- $\frac{3}{4}$ cup shredded provolone cheese
- 1 plum tomato, finely chopped

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Or use the “potato setting” on your microwave and cook according to manufacturer’s directions.)

2. Meanwhile, combine tuna, yogurt, $\frac{1}{2}$ cup basil, artichoke hearts, scallions, capers (if using), salt and pepper in a large bowl.

3. When the potatoes are cool enough to handle, carefully cut off the top third. Scoop out the insides and add to the bowl with the tuna. Place the potato shells in a microwave-safe dish. Mash the potato and tuna mixture together with a fork or potato masher.

4. Evenly divide the tuna mixture among the potato shells. (They will be very well stuffed.) Top with cheese. Microwave on High until the filling is hot and the cheese is melted, 2 to 4 minutes. To serve, top each potato with a little tomato and some of the remaining 2 tablespoons basil.

SERVES 4



Per serving: 344 calories; 8 g fat (4 g sat, 2 g mono); 27 mg cholesterol; 44 g carbohydrate; 0 g added sugars; 26 g protein; 6 g fiber; 614 mg sodium; 1,159 mg potassium.

Nutrition bonus: Vitamin C (55% daily value), Potassium (33% dv), Calcium (24% dv), Magnesium (19% dv), Iron (17% dv), Vitamin A (16% dv), Folate (15% dv).

Carbohydrate servings: 3

Exchanges: $2\frac{1}{2}$ starch, 1 vegetable, $2\frac{1}{2}$ lean meat

TIP

If you’re looking for an environmentally sustainable canned tuna option, check the label—tuna that was caught by troll or pole-and-line is considered the best choice, according to Monterey Bay Aquarium’s Seafood Watch Program. Or look for the blue Certified Sustainable Seafood label from the Marine Stewardship Council.

Healthy Canned Tuna Recipes

TUNA-&-TOMATO MAC & CHEESE

- ☒ Heart Health ☐ Diabetes
- ☐ Weight Loss ☐ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 45 MIN

TO MAKE AHEAD: Prepare through Step 5 (transfer to a baking dish, if desired, before topping with tomatoes), cool, cover and refrigerate for up to 1 day. Bake at 450°F until hot and bubbling, about 35 minutes.

Tuna mac & cheese takes a trip to the Southwest with spicy tomato and festive blue tortilla chips on top. Canned tomatoes with green chiles and ancho chile powder add a peppery kick, but if you like, you can keep it mellow by using a 14-ounce can of drained petite diced tomatoes and mild chili powder.

- 8 ounces (about 3 cups) whole-wheat rotini pasta
- 2 tablespoons all-purpose flour
- 1 cup nonfat milk, divided
- ½ cup grated extra-sharp Cheddar cheese
- ½ cup grated pepper Jack cheese
- ¼ teaspoon ground ancho chile powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1½ cups reduced-fat cottage cheese, preferably low-sodium
- 1 5- to 6-ounce can chunk light tuna (see Tip, page 5), drained and flaked
- 1 10-ounce can diced tomatoes with green chiles, drained
- ¼ cup crumbled tortilla chips, preferably blue corn

1. Preheat oven to 450°F.
2. Cook pasta in a large saucepan of boiling water according to package directions. Drain and rinse.
3. Meanwhile, whisk flour and 2 tablespoons milk in a small bowl. Heat the remaining milk in a large ovenproof skillet over medium heat until steaming.
4. Gradually whisk a few tablespoons of the hot milk into the milk-flour mixture, then whisk this mixture back into the skillet. Cook over medium heat, stirring constantly, until the sauce is smooth and slightly thickened, 1 minute. Remove from the heat and stir in Cheddar, pepper Jack, chile



powder, salt and pepper.

5. Puree cottage cheese in a food processor or blender until very smooth, scraping down the sides as necessary. Stir into the sauce in the skillet. Add tuna and the pasta; stir well to coat with the sauce. Sprinkle drained tomatoes evenly over the top.
6. Bake until hot and bubbling, 20 to 25 minutes. Top with crumbled tortilla chips.

SERVES 4: ABOUT 1½ CUPS EACH

Per serving: 447 calories; 11 g fat (6 g sat, 3 g mono); 38 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 34 g protein; 5 g fiber; 723 mg sodium; 395 mg potassium.

Nutrition bonus: Calcium (38% daily value), Magnesium (20% dv), Zinc (17% dv), Vitamin A (16% dv), Iron (15% dv).

Healthy Canned Tuna Recipes

SPICY TUNA WRAP

☒ Heart Health ☐ Diabetes

☐ Weight Loss ☐ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 25 MIN

These tuna wraps were inspired by spicy tuna sushi rolls. We love how they taste with peppery watercress, but other greens, such as arugula, romaine, escarole or even radish sprouts, would taste great in the filling. If you want to play on the sushi inspiration, stir some wasabi into the soy sauce for dipping and serve with pickled ginger. Serve with sliced cucumbers and slivered red onions tossed with rice vinegar, a little oil and a pinch of salt.

- 2 5- to 6-ounce cans chunk light tuna (see *Tip*, page 5), drained
- $\frac{1}{3}$ cup low-fat mayonnaise
- 1 tablespoon hot sauce, such as Sriracha (see *Tips*)
- 1 scallion, chopped
- 2 cups cooked brown rice (see *Tips*), cooled
- 2 tablespoons rice vinegar
- 4 10-inch whole-grain wraps
- 3 cups watercress leaves
- 1 ripe avocado, cut into 16 slices
- 1 small carrot, cut into matchsticks
- Reduced-sodium soy sauce for dipping (optional)

1. Combine tuna, mayonnaise, hot sauce and scallion in a medium bowl. Combine rice and vinegar in a small bowl.
2. Spread one-fourth of the tuna mixture over a wrap. Top with $\frac{1}{2}$ cup rice, $\frac{3}{4}$ cup watercress, 4 avocado slices and one-fourth of the carrot matchsticks. Roll up and cut the wrap in quarters or in half. Repeat with the remaining filling and wraps. Serve with soy sauce for dipping, if desired.

SERVES 4

Per serving: 515 calories; 17 g fat (4 g sat, 6 g mono); 17 mg cholesterol; 71 g carbohydrate; 2 g added sugars; 21 g protein; 9 g fiber; 869 mg sodium; 502 mg potassium.

Nutrition bonus: Vitamin A (57% daily value), Vitamin C (28% dv), Magnesium (19% dv).



TIPS

- Sriracha, a Thai chile sauce, can be found in the Asian section of many large supermarkets and at Asian markets.
- To cook brown rice, bring 2 cups water and 1 cup brown rice to a boil in a small saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Remove from the heat and let stand, covered, for 10 minutes. Makes about 2 cups. Or, to save time, prepare 2 cups instant brown rice according to package directions.

Healthy Canned Tuna Recipes

SKILLET TUNA NOODLE CASSEROLE

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☐ Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

TO MAKE AHEAD: Prepare through Step 3, spoon into an 8-inch-square glass baking dish, cover with foil and refrigerate for up to 1 day. Sprinkle with breadcrumbs and cheese (Step 4) and bake, covered, at 350°F for 50 minutes. Uncover and cook until browned and bubbly, about 15 minutes more.

Known as Tuna-Pea Wiggle to some, this family-friendly tuna noodle casserole tends to be made with canned soup and whole milk, which means high fat and sodium. We remedy this by making our own creamy mushroom sauce with nonfat milk thickened with a bit of flour. Look for whole-wheat egg noodles—they have more fiber than regular egg noodles (but this dish will work well and taste great with either).

- 8 ounces whole-wheat egg noodles
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 8 ounces mushrooms, sliced
- ½ teaspoon salt
- ½ cup dry white wine
- 6 tablespoons all-purpose flour
- 3 cups nonfat milk
- ½ teaspoon freshly ground pepper
- 12 ounces canned chunk light tuna, drained (see Tip, page 5)
- 1 cup frozen peas, thawed
- 1 cup finely grated Parmesan cheese, divided
- ½ cup coarse dry whole-wheat breadcrumbs (see Tip, page 4)

1. Bring a large pot of water to a boil. Cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse.
2. Position rack in upper third of oven and preheat broiler.
3. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about 5 minutes. Add wine and cook until evaporated, 4 to 5 minutes. Sprinkle flour



over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and ½ cup Parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.

4. Sprinkle the casserole with breadcrumbs and the remaining ½ cup Parmesan. Broil until bubbly and lightly browned on top, 3 to 4 minutes.

SERVES 6: ABOUT 1½ CUPS EACH

Per serving: 406 calories; 8 g fat (3 g sat, 3 g mono); 53 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 684 mg sodium; 593 mg potassium.

Nutrition bonus: Calcium (30% daily value), Potassium (17% dv), Iron, Vitamin A & Vitamin C (15% dv), omega-3s.

Carbohydrate servings: 3

Exchanges: 2½ starch, ½ nonfat milk, 3 lean meat

Healthy Canned Tuna Recipes

MEDITERRANEAN TUNA ANTIPASTO SALAD

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Packed with protein and fiber, this tuna and bean salad is ready in a flash. For an extra kick, add a pinch of crushed red pepper or cayenne.

- 1 15- to 19-ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
- 2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked (see *Tip*, page 5)
- 1 large red bell pepper, finely diced
- ½ cup finely chopped red onion
- ½ cup chopped fresh parsley, divided
- 4 teaspoons capers, rinsed
- 1½ teaspoons finely chopped fresh rosemary
- ½ cup lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper to taste
- ¼ teaspoon salt
- 8 cups mixed salad greens

Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

SERVES 4

Per serving: 326 calories; 17 g fat (2 g sat, 11 g mono); 17 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 22 g protein; 10 g fiber; 652 mg sodium; 681 mg potassium.

Nutrition bonus: Vitamin C (160% daily value), Vitamin A (100% dv), Folate (42% dv), Potassium & Iron (20% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 vegetable, 2½ lean meat, 2 fat



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A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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