



Tuna Salad and Apple Slices

Skip the bread and serve this tuna salad with apple slices, celery, or cucumbers.

Ages: 3–5 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 0 minutes

the INGREDIENTS

- 1 cup** tuna, canned, in water, drained
- 2 Tbsp** mayonnaise, reduced-fat
- ¼ cup** cheddar cheese, reduced-fat, shredded
- ¼ tsp** celery seed, dried
- 1 tsp** pickle relish, sweet
- 3 cups** apples, fresh, unpeeled, cored, sliced thin (gently wash apples under running water before cutting)

the DIRECTIONS

- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** In a small bowl, combine tuna, mayonnaise, cheese, celery, and pickle relish. Stir until well-blended (see notes).
- 3.** Serve 2 Tbsp tuna salad and ½ cup apple slices (about 5–7). Serve immediately, or keep cold at 40 °F or lower.



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NUTRITION INFORMATION

2 Tbsp tuna salad and ½ cup apple slices

Nutrients	Amount
Calories	89
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	16 mg
Sodium	151 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	6 g
Includes Added Sugars	N/A
Protein	8 g
Vitamin D	N/A
Calcium	6 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

½ cup fruit
1 oz eq meat/meat alternate

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CHEF TIPS

- Contains milk (cheddar cheese) and fish (tuna).
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- If preparing in advance, store tuna salad in an airtight container at 40 °F or lower until ready to serve.

