



## Tuna Salad and Apple Slices

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

**Ages:** 6–18 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
- 4½ 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 ¾ cup apple slices (about 7–9). Serve immediately, or keep cold at 40 °F or lower.



*the*  
**NUTRITION INFORMATION**

2 Tbsp tuna salad and  $\frac{3}{4}$  cup apple slices

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>110</b>

<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	16 mg
<b>Sodium</b>	<b>152 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	2 g
Total Sugars	10 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>

Vitamin D	N/A
Calcium	11 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy  
Recipe Project

[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)

*the*  
**CACFP CREDITING INFORMATION**

$\frac{3}{4}$  cup fruit  
1 oz eq meat/meat alternate

*the*  
**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.

