

Tuna Salad and Apple Slices

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

AGES: 3-5 years PREP TIME: 1 hour COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit

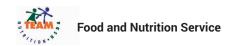
1 oz eq meat/meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIDECTIONS |
|---------------------------------------|-------------|---------|-------------|---------|-----------------------------------------------------------------------------------------------------------------------|
| | Weight | Measure | Weight | Measure | DIRECTIONS |
| | | | | | 1 Wash hands with soap and water for at least 20 seconds. |
| Tuna, canned, in water, drained | 1 lb 9 oz | 3 cups | 3 lb 2 oz | 6 cups | 2 In a medium bowl, combine tuna, mayonnaise, cheese, celery, and pickle relish. Stir until well-blended (see notes). |
| Mayonnaise, reduced-fat | 4 oz | ½ cup | 8 oz | 1 cup | |
| Cheddar cheese, reduced-fat, shredded | 4 oz | 1 cup | 8 oz | 2 cups | |
| Celery seed, dried | | 1 tsp | | 2 tsp | |



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|------------------------------------------------------------------------------------------------------------------|-------------|-------------------|-------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| | Weight | Measure | Weight | Measure | DIRECTIONS |
| Pickle relish, sweet | | 2 Tbsp + 2 tsp | | ⅓ cup | |
| Apples, fresh, unpeeled, cored, sliced thin* (gently wash apples under running water before cutting) | 3 lb 7 oz | 3 qt+ ½ cup | 6 lb 14 oz | 1 gal + 2 qt + 1 cup | 3 Serve 2 Tbsp tuna salad and ½ cup (#8 scoop) apple slices (about 5–7). Serve immediately, or keep cold at 40 °F or lower. |
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^{*}See Marketing Guide



NUTRITION INFORMATION

2 Tbsp tuna and ½ cup apple slices

| NUTRIENTS Calories | AMOUNT 89 |
|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein | 3 g 1 g 16 mg 151 mg 9 g 1 g 6 g N/A 8 g |
| Vitamin D Calcium Iron Potassium N/A = Data not available | N/A 6 mg 0 mg N/A |

| *MARKETING GUIDE | | | | |
|-----------------------|-------------|-------------|--|--|
| Food as Purchased for | 25 Servings | 50 Servings | | |
| Apples, fresh | 3 lb 13 oz | 7 lb 9 oz | | |

NOTES

- 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.

| WEIGHT/YIELDS | | | | |
|---------------------------|--------------------------|--|--|--|
| 25 Servings | 50 Servings | | | |
| 2 lb 2 oz tuna salad, | 4 lb 4 oz tuna salad, | | | |
| 3 lb 7 oz apples | 6 lb 15 oz apples | | | |
| 3 cups 2 Tbsp tuna salad, | 1 qt 2¼ cups tuna salad, | | | |
| 3 qt ½ cup apples | 1 gal 2 qt 1 cup apples | | | |