

Tuna Salad Sandwich

The Tuna Salad Sandwich, with canned tuna, fresh onions, celery, and boiled eggs is a classic recipe that is great for lunch, dinner, and snacks!

CACFP Home Childcare Crediting Information

One sandwich provides ½ cup vegetable (⅓ cup additional vegetable, ⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable), 2 oz equivalent meat, and 1 oz equivalent grains.



Preparation Time: 15 minutes

Cooking Time: 15 minutes

Makes: 6 servings

Ingredients

- 1 ¼ cups or 11 ½ oz Canned tuna, chunk style, water packed, drained
- ¼ cup or 2 oz Fresh onions, chopped
- 1 cup or 4 oz Fresh celery, chopped
- ¼ tsp Dry mustard
- 1 large Egg (about 1 ½ oz), hard boiled, peeled, chilled, chopped
- ½ cup Low-fat mayonnaise
- 1 tsp Parsley
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 6 small Whole-grain rolls, 1 oz each
- 1 small Fresh romaine heart lettuce or 3 oz 3" x 3" tear lettuce into 6 pieces
- 2 medium or 6 oz Fresh tomato, ¼" sliced

Directions

- 1 Drain and flake tuna.
- 2 In a medium size bowl, combine tuna, onions, celery, dry mustard, egg, mayonnaise, parsley, garlic powder, and onion powder. Stir well. Set aside for step 5.
- 3 **Critical Control Point:** Cool to 40 °F or lower within 4 hours.
- 4 Cut roll open and place on plate. Place a lettuce leaf on the bottom half of roll. Place a tomato slice (about ¼") on top of the lettuce.
- 5 Using a ½ measuring cup, scoop and slightly spread the tuna filling on top of the tomato. Cover the top with a roll.
- 6 **Critical Control Point:** Hold at 40 °F or below until served.
- 7 Serve one sandwich. (If desired, the tuna salad can also be served over lettuce and tomato with a roll on the side.)

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 208, Protein 17 g, Carbohydrates 23 g, Dietary Fiber 3 g, Total Sugars 5 g, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 50 mg, Sodium 364 mg, Vitamin A 86 mcg RAE, Vitamin C 6 mg, Vitamin D 5 IU, Calcium 55 mg, Iron 1 mg, Potassium 264 mg

