



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 Adult Portion Crediting Information

Two sandwiches provides ½ cup vegetable (⅛ cup dark green vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable), 2 oz equivalent meat, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Canned tuna, chunk style, water packed, drained	3 lb	2 qt 1 ½ cups (approx. 1- 66 ½ oz can)	6 lb	1 gal 3 cups (approx. 2- 66 ½ oz can)	1 Drain and flake tuna. 2 Combine tuna, onions, celery, dry mustard, eggs, mayonnaise, parsley, garlic powder, and onion powder in a large bowl. Stir well. Set aside for step 7.
*Fresh onions, chopped	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
*Fresh celery, chopped	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ⅔ cup	
Dry mustard		¾ tsp		1 ½ tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs, hard boiled, peeled, chilled, chopped	5 ⅓ oz	¾ cup	10 ⅔ oz	1 ½ cup	
Low-fat mayonnaise	1 lb	1 ½ cups	2 lb	3 cups	
Parsley		1 Tbsp		2 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
					3 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					4 Critical Control Point: Hold at 40 °F or below.
*Fresh romaine lettuce, leaves, rinsed, dry	9 oz	25 each (about 3"x 3")	1 lb 2 oz	50 each (about 3"x 3")	5 Cut rolls open and place on plate. Place a lettuce leaf (about 3" x 3") on the bottom half of each roll.
*Fresh tomatoes, sliced	2 lb 8 oz	25 each (about ¼ inch slice)	5 lb	50 each (about ¼ inch slice)	6 Place a tomato slice (about ¼" slice) on top of the lettuce.
Mini whole-grain rolls (2-1 oz each)	50 oz	50 each	100 oz	100 each	7 Using a No. 16 scoop, portion ¼ cup (about 1.5 oz each) tuna top of each tomato. Cover with top of roll. (The tuna salad can also be served over lettuce and tomato with a roll on the side, if desired).
					8 Serve two sandwiches per person.



NUTRITION INFORMATION

Serving Size: Two Sandwiches

NUTRIENTS **AMOUNT**
Calories **281**

Total Fat **8 g**
 Saturated Fat 1 g
 Cholesterol 49 mg
Sodium **499 mg**
Total Carbohydrate **37 g**
 Dietary Fiber 5 g
 Total Sugars 8 g
 Added Sugars included N/A
Protein **19 g**

Vitamin A 76 mcg RAE
 Vitamin C 8 mg
 Vitamin D 5 IU
 Calcium 82 mg
 Iron 2 mg
 Potassium 353 mg
 N/A=no data available.

MARKETING GUIDE

Fresh onions	9 oz	1 lb 2 oz
Fresh celery	15 oz	1 lb 14 oz
Fresh romaine lettuce	14 oz	1 lb 2 oz
Fresh tomatoes	2 lb 15 oz	5 lb 14 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 5 lb Tuna salad	About 10 lb Tuna salad
About 3 qt Tuna salad	About 1 gal 2 qt Tuna salad

SOURCE

CACFP Adult Portion Recipe Project

