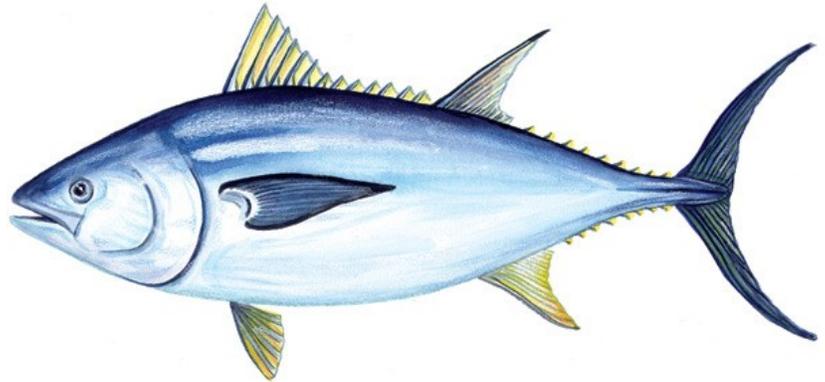


As a highly migratory fish, tuna can travel thousands of miles in their lifetime, making it an accessible fishery for many nations around the globe. Canned tuna is a good source of essential nutrients, such as omega-3 fatty acids, high quality protein, selenium and Vitamin D. Canned tuna is also very budget-friendly!



Food Safety

- Examine the can of tuna before purchasing. Avoid cans that have bulging tops or are leaking, dented or damaged. At home, store canned tuna in a cool, dry place. Use canned tuna by the "best by" date for the best quality. Once opened, prepare or eat immediately, and then transfer leftover tuna into a food storage container and refrigerate for up to 2 days.
- Albacore has more omega-3 fat per ounce, but because it comes from a larger species of tuna, it also has more mercury. Chunk light, on the other hand, comes from a smaller species of fish and has less mercury and omega-3 fat.
- When buying canned tuna, look for brands that practice sustainable fishing practices and test their fish for harmful contaminants like mercury. Two great brands are Wild Planet and Safe Catch.
- If you are buying fresh tuna and plan to eat it raw, make sure it is sushi grade. The tuna should be a bright color, not dull or dark colored.

Tuna is very versatile—try adding it into the following dishes:

- Pasta dishes like the famous tuna-noodle casserole, or mixed with tomatoes and feta cheese!
- Salads—a Nicoise, Asian, or Mediterranean style, or for a healthy twist on a classic, avocado tuna salad (no mayo here!)
- Wraps and sandwiches—like the classic tuna melt!
- Sushi
- Seared tuna

Tuna White Bean Salad *By: Run Fast, Cook Fast, Eat Slow*
Serves: 2 Total time: 25 minutes

Ingredients:

- 1 can (5 ounces) tuna, drained
- 1 cup cannellini beans (or other white bean), rinsed and drained
- 1/4 cup finely chopped red onion
- 2 Tbsp chopped Kalamata olives (optional)
- 2 Tbsp balsamic vinegar
- 2 Tbsp extra-virgin olive oil
- 1/8 tsp sea salt
- Ground pepper



Directions:

In a medium-size bowl, combine the tuna, beans, onion, olives (if using), vinegar, oil, salt, and a few grinds of pepper. Taste and add more salt and pepper, if needed. Serve on top of salad greens or whole-wheat toast.

Healthy Tuna Patties *By: She Loves Biscotti*
Serves: 5 Total time: 25 minutes

Ingredients:

- 10 oz tuna (2 cans of 5 oz.)
- 1 stalk of celery, finely chopped
- 1/2 small red pepper, finely chopped
- 1/3 cup breadcrumbs (can also use panko)
- 2 Tbsp chives
- 1 Tbsp of both dill and parsley
- 2 tsp Dijon mustard
- Salt and pepper
- 2 eggs, slightly beaten
- 1 tsp olive oil for frying
- Lemon wedges

Directions:

1. Drain the tuna. In a large mixing bowl, combine the tuna with all of the ingredients EXCEPT the eggs.
2. Taste and adjust the seasonings as needed, then add the beaten eggs and mix well. Form the mixture into 5 equal patties.
3. In a cast iron or non-stick pan, add the oil and sauté the patties over medium heat.
4. Cook until golden brown, about 3-4 minutes per side. Serve with lemon wedges.