

## Tuna Recipes

### Asian Tuna Noodle Salad

#### Ingredients

- 2 tbsp (30 mL) lemon juice
- 2 tbsp (30 mL) vegetable oil
- ½ tsp (2 mL) grated fresh ginger root
- ½ tsp (2 mL) hot pepper sauce
- 1 pkg (85 g) Oriental instant noodle flavoured soup base (ramen noodles)
- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- ½ red pepper, cut in thin strips
- 2 cups (500 mL) pre-packaged Oriental salad mix or coleslaw
- Sliced green onions



#### Preparation

1. In small bowl, whisk together lemon juice, oil, ginger root, hot pepper sauce and ½ tsp (2 mL) soup stock seasoning; set aside.
2. In small saucepan, cook noodles in boiling water for 2-3 minutes; drain and place noodles in serving bowl. Pour dressing mixture over hot noodles to allow flavour to absorb; refrigerate just until chilled.
3. Stir in tuna, red pepper and salad mix; toss to combine.
4. Serve garnished with green onions. Makes 4 servings.

**Nutritional Information per serving:** Calories 220, Fat 16g, Sodium 400mg, Carbohydrate 12g, Fibre 2g, Protein 10g.



### Curried Tuna Dip

#### Ingredients

- 2 green onions, finely chopped
- 1 pkg (250 g) light cream cheese, softened
- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- 1 tsp (5 mL) curry powder
- ½ tsp (2 mL) cumin
- ¼ tsp (1 mL) hot pepper sauce
- ¼ tsp (1 mL) chopped fresh parsley

#### Preparation

1. In medium, microwaveable bowl, combine onions, cream cheese, tuna, curry powder, cumin and pepper sauce; mix well. Microwave, uncovered, on medium-high 1 ½ -2 minutes or until warmed through.
2. Sprinkle with parsley. Serve with vegetable dippers, bread sticks or crackers.
3. Makes about 1 1/3 cups (325 mL).

**Nutritional Information per serving:** Calories 90, Fat 5g, Sodium 240mg, Carbohydrate 3g, Fibre 0g, Protein 9g.

**Hint:** Prepare this dip up to a day ahead; cover and refrigerate. Heat at serving time.



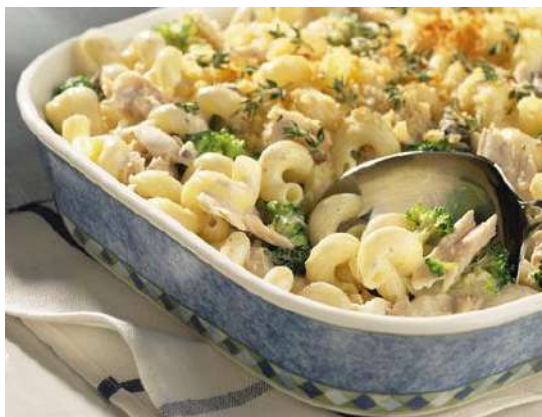
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## Tuna Recipes

### Easy Tuna Noodle Casserole

#### Ingredients

- 2 cups (500 mL) rotini or macaroni
- 1 can (284 mL) half fat cream of mushroom or chicken soup
- ½ cup (125 mL) milk
- ½ tsp (2 mL) dried thyme leaves
- 1/8 tsp (0.5 mL) pepper
- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- 2 cups (500 mL) broccoli florets, cooked
- ¼ cup (50 mL) grated Parmesan cheese
- 2 tbsp (30 mL) fine dry bread crumbs
- 1 tbsp (15 mL) butter or margarine, melted



#### Preparation

1. Cook pasta according to package directions. Drain.
2. Combine soup, milk and seasonings; mix well. Stir in pasta, tuna and broccoli. Spoon into greased 6 cup (1.5 L) casserole.
3. Combine cheese, bread crumbs and butter; sprinkle over top. Bake at 375°F (190°C) 20-25 minutes or until bubbling. Makes 4 servings.

**Nutritional Information per serving:** Calories 380, Fat 9g, Sodium 700mg, Carbohydrate 51g, Fibre 3g, Protein 24g.

**Hint:** Cook broccoli in microwave on HIGH 1 ½ -2 minutes. Or substitute frozen cut broccoli, thawed



### Mediterranean Tuna Veggie Sandwich

#### Ingredients

- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- 1 small carrot, grated
- 1 small zucchini, finely chopped
- 1 green onion, chopped
- 3 tbsp (45 mL) light mayonnaise
- 2 tbsp (30 mL) low fat plain yogurt
- 1 tbsp (15 mL) vinegar
- ¼ tsp (1 mL) dried oregano leaves
- ¼ tsp (1 mL) each salt and pepper
- 8 slices whole wheat bread
- Tomato slices
- Romaine

#### Preparation

1. Combine tuna, carrot, zucchini, green onion, mayonnaise, yogurt, vinegar, oregano, salt and pepper; mix well. (May be refrigerated at this point; prepare sandwiches at serving time.)
2. Divide and spread evenly over 4 slices bread. Top with tomato slices and romaine and second slice of bread. Makes 4 servings.

**Nutritional Information per serving:** Calories 250, Fat 7g, Sodium 670mg, Carbohydrate 30g, Fibre 3g, Protein 18g.



## Tuna Recipes

### Hot Muffuletta Sandwich

#### Ingredients

- 1 can (170 g) [Clover Leaf Chunk Light Tuna](#), drained and flaked
- 2 tsp (10 mL) lemon juice
- 1 pkg (300 g) frozen chopped spinach, thawed
- 6 large crusty rolls (kaisers)
- 1 pkg (250 g) light cream cheese, softened
- ½ cup (125 mL) chopped red onion
- 1 tbsp (15 mL) butter or margarine
- ¼ cup (50 mL) dry white wine (or chicken broth)
- 2 cups (500 mL) fresh mushrooms, sliced
- ¼ tsp (1 mL) dried thyme leaves
- 2 large tomatoes, thinly sliced
- ¼ cup (50 mL) grated Parmesan cheese



#### Preparation

1. Sprinkle tuna with lemon juice. Squeeze moisture from spinach; stir into tuna.
2. Slice ½ -inch (1 cm) off top of each roll. Hollow out bottom of rolls leaving ¼ - inch (6 mm) shell. Spread bottoms evenly with cream cheese.
3. Sauté onion in melted butter in skillet until soft. Add wine, mushrooms and thyme. Cook 2-3 minutes. Remove from heat.
4. Spread tuna mixture over cream cheese layer in rolls. Top with mushroom mixture. Add a tomato slice to each and sprinkle with Parmesan cheese. Wrap individually in foil.
5. Bake at 375°F (190°C) 30-35 minutes. Makes 6 servings.

**Nutritional Information per serving: Calories 350, Fat 12g, Sodium 750mg, Carbohydrate 39g, Fibre 3g, Protein 20g.**



### Niçoise Tuna Pizza

#### Ingredients

- 1 (400 g) original gourmet style flatbread
- ½ cup (125 mL) prepared pesto sauce
- 1 medium tomato, thinly sliced
- 1 (170 g) [Clover Leaf Solid White Tuna](#), drained
- ¼ cup (50 mL) sliced pitted ripe olives
- 1 tbsp (15 mL) olive oil
- 2 tbsp (30 mL) grated Parmesan cheese

#### Preparation

1. Spread flatbread evenly with pesto. Arrange tomatoes, tuna broken in chunks and olives over top. Drizzle oil over top and sprinkle with cheese.
2. Bake at 375°F (190°C) 10-12 minutes or until heated through.
3. Hint: Leftover, cooked sliced potatoes may also be arranged on pizza for authentic Niçoise flavour. It's really good! For an even lighter pizza, use the thin crust flatbread. Makes 4 servings.

**Nutritional Information per serving: Calories 360, Fat 22g, Sodium 720mg, Carbohydrate 21g, Fibre 4g, Protein 22g.**

## Tuna Recipes

### Oriental Tuna Bites

#### Ingredients

- 1 can (170 g) [Clover Leaf Flaked Light Tuna](#), drained
- 1 egg, lightly beaten
- 1 green onion, chopped
- 1 clove garlic, minced
- ½ cup (125 mL) chilled cooked rice
- 3 tbsp (45 mL) fine dry bread crumbs
- 2 tsp (10 mL) soy sauce
- 1 tsp (5 mL) minced fresh ginger root
- Plum Sauce

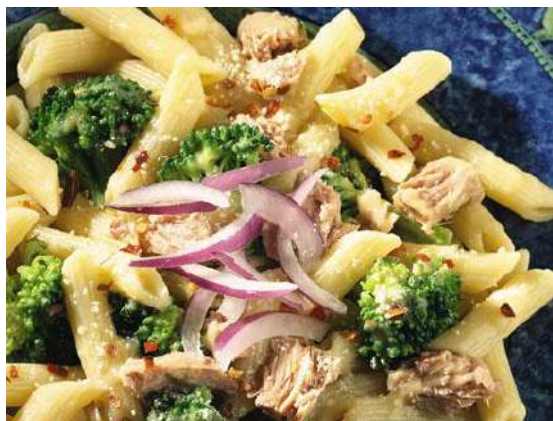


#### Preparation

1. Combine tuna, egg, green onion, garlic, rice, bread crumbs, soy sauce and ginger root; mix well. Shape into 1-inch (2.5 cm) balls.
2. Place on greased baking sheet. Bake at 400°F (200°C) 12-15 minutes or until lightly browned. Serve with plum sauce for dipping.
3. Makes 12 tuna balls or 4 main course servings.

**Nutritional Information per serving:** Calories 35, Fat 0.5g, Sodium 120mg, Carbohydrate 3g, Fibre 0g, Protein 4g.

**Hint:** For a complete Oriental meal, serve with packaged Oriental salad mix



### Tuna and Broccoli Penne

#### Ingredients

- 2 cups (500 mL) penne pasta
- 2 cups (500 mL) broccoli florets
- ¾ cup (175 mL) chicken broth
- 2 cloves garlic, minced
- 2 tbsp (30 mL) Dijon mustard
- 1 tbsp (15 mL) lemon juice
- 1 tsp (5 mL) cornstarch
- 1/8-1/4 tsp (0.5-1 mL) red pepper flakes
- 1 can (170 g) [Clover Leaf Chunk Light Tuna](#), drained
- sliced red onions (optional)

#### Preparation

1. In large saucepan, cook pasta according to package directions. Add broccoli to pasta for the last 2 minutes of cooking time. Drain.
2. Meanwhile, whisk together chicken broth, garlic, mustard, lemon juice, cornstarch and red pepper flakes. Pour into skillet and bring to boil; simmer 2 minutes. Add tuna; heat through.
3. Add drained penne and broccoli to skillet, toss lightly to combine. If you like, you can garnish with sliced red onions.
4. Serve with grated Parmesan cheese, if desired. Makes 3-4 servings.

**Nutritional Information per serving:** Calories 290, Fat 1.5g, Sodium 410mg, Carbohydrate 51g, Fibre 2g, Protein 19g.

**Hint:** Other favourite fresh or frozen vegetables may be used and cooked in the same way.

## Tuna Recipes

### Tuna & Pasta Salad

#### Ingredients

- 1 ½ cups (375 mL) rotini pasta
- 1 can (170 g) [Clover Leaf Solid White Tuna](#), drained and broken into chunks
- 1 cup (250 mL) canned or frozen (thawed) corn
- 1 large tomato, seeded and chopped
- Dressing
  - 3 tbsp (45 mL) white wine vinegar
  - 2 tbsp (30 mL) olive oil
  - 2 tbsp (30 mL) prepared pesto
  - ½ tsp (2 mL) salt
- Romaine
- Fresh basil, chopped (optional)



#### Preparation

1. Cook rotini according to package directions. Drain and chill under cold running water. Mix with tuna, corn and tomato.
2. Place dressing ingredients in jar, shake to mix well. Toss with salad. Serve immediately or chill until serving time. Serve on romaine and garnish with basil, if desired. Makes 4 servings.

**Nutritional Information per serving:** Calories 520, Fat 13g, Sodium 480mg, Carbohydrate 73g, Fibre 4g, Protein 26g.



### Thai Tuna Wraps

#### Ingredients

- ¼ cup (50 mL) light mayonnaise
- 2 tbsp (30 mL) cider vinegar
- 1 ½ tbsp (22 mL) peanut butter
- 1 tsp (5 mL) grated fresh ginger root
- ¼ tsp (1 mL) each salt and pepper
- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- 2 cups (500 mL) purchased broccoli slaw or coleslaw
- 4 (6-inch/15 cm) flour tortillas
- chopped peanuts (optional)

#### Preparation

1. Whisk together mayonnaise, vinegar, peanut butter, ginger, salt and pepper until smooth. Stir in tuna and slaw.
2. Spoon onto tortillas and roll up to enclose filling; cut in half. Makes 4 servings.

**Nutritional Information per serving:** Calories 330, Fat 18g, Sodium 800mg, Carbohydrate 27g, Fibre 2g, Protein 16g.

**Hint:** For added crunch, add some chopped peanuts.





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## Tuna Recipes

### Tuna and Potato Galette

#### Ingredients

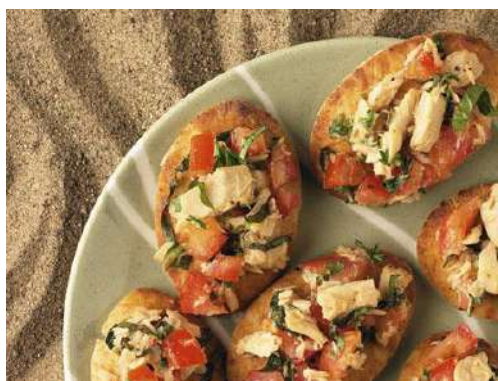
- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- 1 medium potato, peeled, shredded (1/2 cup/125 mL)
- 1 clove garlic, minced
- 1 green onion, chopped
- 3 tbsp (45 mL) light cream
- ¼ tsp (1 mL) dried Italian seasoning
- 1/8 tsp (0.5 mL) each salt and pepper
- 1 9-inch (23 cm) frozen deep dish pie shell, thawed according to package directions
- 2 tbsp (30 mL) grated Parmesan cheese
- Chopped fresh parsley



#### Preparation

1. In medium bowl, combine tuna, potato, garlic, green onion, cream, Italian seasoning, salt and pepper; set aside.
2. Remove pie shell from foil pan and place on baking sheet; flatten. Spoon potato/tuna mixture evenly into centre of pastry, leaving a 1 ½ -inch (3 cm) border. Fold dough border over filling, pleating edges and pressing them together to keep filling in place. Sprinkle with Parmesan cheese.
3. Bake at 400°F (200°C) about 25 minutes or until pastry is golden brown and potatoes are tender. Remove from oven and sprinkle with parsley. Serve warm cut into small wedges. Makes 12 appetizers.

**Nutritional Information per serving:** Calories 140, Fat 8g, Sodium 190mg, Carbohydrate 11g, Fibre 0g, Protein 5g.



### Tuna Bruschetta

#### Ingredients

- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- 1 medium tomato, diced
- 1 clove garlic, minced
- ¼ cup (50 mL) zesty light Italian dressing, divided
- 2 tbsp (30 mL) chopped fresh parsley
- 1 tbsp (15 mL) chopped fresh basil
- 16 mini pita bread (6 oz/170 g pkg)

#### Preparation

1. In small bowl, combine tuna, tomato, garlic, 2 tbsp (30 mL) Italian dressing, parsley and basil; cover and refrigerate about 30 minutes to allow flavours to blend.
2. Meanwhile, lightly press any puffiness from pitas; place on baking sheet and lightly toast tops under broiler. Brush with remaining Italian dressing.
3. Divide tuna mixture among pitas. Broil until heated through and edges of pitas are light golden brown, about 2 minutes. Serve immediately. Makes 16 appetizers.

**Nutritional Information per serving:** Calories 45, Fat 0.5g, Sodium 150mg, Carbohydrate 7g Fibre 1g, Protein 4g.

**Hint:** To prepare Shrimp Bruschetta, substitute 1 can Clover Leaf Small Shrimp for the tuna



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## Tuna Recipes

### Tuna Pot Pie

#### Ingredients

- 2 tbsp (30 mL) butter or margarine
- 2 tbsp (30 mL) all-purpose flour
- 1 pkg (40 g) dry vegetable soup mix
- 2 cups (500 mL) milk
- 1 large potato, cooked and diced
- 1 pkg (300 g) frozen chopped broccoli, thawed and drained
- 1/8 tsp (0.5 mL) freshly ground black pepper
- 2 cans (170 g each) [Clover Leaf Solid White Tuna](#), drained
- 1 9-inch (23 cm) frozen pie shell, thawed according to package directions



#### Preparation

1. In medium saucepan, melt butter; add flour and cook 1 minute. Stir in soup mix and milk. Cook, over medium-high heat, stirring constantly until mixture boils.
2. Remove from heat, stir in potato, broccoli and pepper. Fold in tuna broken into chunks. Spoon into a 4 cup (1 L) round casserole dish. Remove pie shell from foil pan; flatten. Place pastry over casserole dish, fold in edges and flute. Prick top of crust with fork several times.
3. Bake at 425°F (220°C) about 20 minutes or until bubbling. Makes 6 servings.

**Nutritional Information per serving:** Calories 390, Fat 17g, Sodium 840mg, Carbohydrate 37g, Fibre 4g, Protein 23g.

**Hint:** Cook diced (peel or unpeeled) potato in microwave for convenience, about 3 minutes.



### Tuna Quesadilla

#### Ingredients

- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- ½ cup (125 mL) shredded cheddar cheese
- 1/3 cup (75 mL) mild salsa
- 2 tbsp (30 mL) chopped cilantro or parsley
- 6 small (6-7

#### Preparation

1. Combine tuna, cheese, salsa and cilantro. Place 3 tortillas on large baking sheet sprayed with nonstick cooking spray. Divide tuna mixture evenly between tortillas and spread over surface. Top with remaining tortillas. Spray top of tortillas with nonstick cooking spray.
2. Bake at 425°F (220°C) about 10 minutes or until lightly browned and crisp. Cut into wedges and serve with additional salsa, if desired. Makes 24 appetizers.

**Nutritional Information per serving:** Calories 40, Fat 1.5g, Sodium 105mg, Carbohydrate 4g, Fibre 0g, Protein 3g.



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## Tuna Recipes

### Tuna Tacos

#### Ingredients

- 1 can (170 g) [Clover Leaf Flaked Light Tuna](#), drained
- ¼ cup (50 mL) light sour cream or mayonnaise
- ¼ cup (50 mL) finely chopped green onion
- 1 tsp (5 mL) chili powder
- ½ tsp (2 mL) cumin
- ½ tsp (2 mL) dried oregano leaves
- 6 taco shells

**Toppings:** Shredded lettuce, chopped tomato, chopped green pepper, shredded cheese

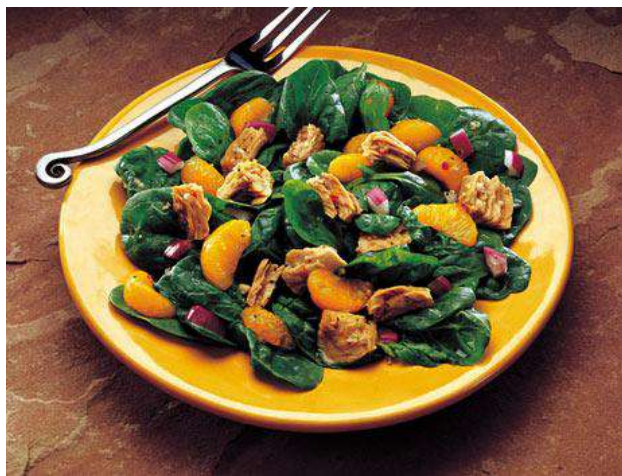


#### Preparation

1. Combine tuna, sour cream, green onions spices and oregano. Arrange taco shells and toppings on large platter.
2. Divide tuna mixture evenly among taco shells. Garnish with toppings. Makes 3 servings.

**Nutritional Information per serving:** Calories 200, Fat 7g, Sodium 260mg, Carbohydrate 18g, Fibre 2g, Protein 17g.

**Hint:** Recipe may be doubled.



### Zesty Spinach Tuna Salad

#### Ingredients

- 1 bag or bunch (168 g) spinach, cleaned
- 1 can (284 mL) [Clover Leaf Mandarin Oranges](#), drained
- 2 tbsp chopped red onion
- 1 can (170 g) [Clover Leaf Chunk White Tuna](#) in Water, drained
- ¼ cup (50 mL) calorie reduced bottled Italian or other dressing

#### Preparation

In bowl, combine spinach, oranges and red onion. Add tuna and dressing, toss to combine.

Makes 2 servings.

**Nutritional Information per serving:** Calories 210, Fat 6g, Sodium 720mg, Carbohydrate 26g, Fibre 5g, Protein 19g.

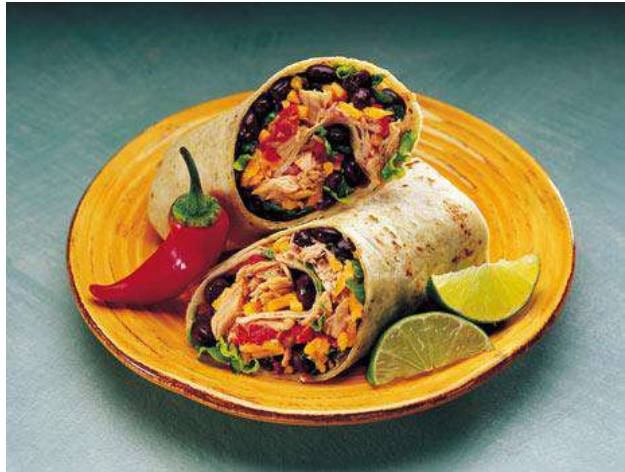


## Tuna Recipes

### Mexican Tuna Wrap

#### Ingredients

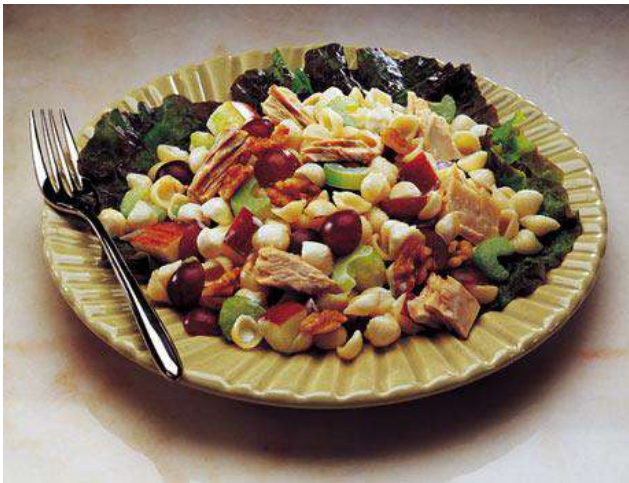
1 can (540 mL) black beans, drained  
 ¾ cup (150 mL) shredded lettuce  
 ½ cup (100 mL) prepared salsa  
 ½ cup (100 mL) shredded cheddar cheese  
 2 large flour tortillas or seasoned wrap  
 1 pouch (85 g) [Clover Leaf Rip 'N Ready Yellowfin Pouch](#)



#### Preparation

Split beans, lettuce, salsa and cheese between two tortillas. Top with tuna. Roll tightly and cut in half diagonally. Makes 2 servings.

Nutritional Information per serving: Calories 600, Fat 14g, Sodium 1640mg, Carbohydrate 78g, Fibre 14g, Protein 36g.



### Waldorf Pasta Salad

#### Ingredients

4 oz small shell pasta, cooked and drained  
 ½ cup (100 mL) red grapes, halved  
 ½ cup (100 mL) chopped apple  
 ¼ cup (50 mL) diced celery  
 ¼ cup (50 mL) walnut pieces  
 ¼ cup (50 mL) mayonnaise or bottled Italian dressing  
 1 pouch (85 g) [Clover Leaf Rip'n Ready Albacore Tuna](#)  
 Lettuce leaves

#### Preparation

In bowl, mix shell pasta, red grapes, apple, celery, walnut pieces and mayonnaise. Add albacore to salad; toss to combine. Spoon over lettuce leaves.

Makes 2-3 servings.

Nutritional Information per serving: Calories 340, Fat 22g, Sodium 240mg, Carbohydrate 23g, Fibre 2g, Protein 13g.

## Tuna Recipes

### Tuscan Bean Salad

#### Ingredients

- 1 can (425 g) cannellini or other white beans, drained
- 1 large tomato, chopped
- ¼ cup (50 mL) olive oil
- 2 tbsp (30 mL) diced red onion
- 2 tbsp (30 mL) red wine vinegar
- 1 tsp (5 mL) dried oregano leaves
- 1 pouch (85 g) [Clover Leaf Rip'n Ready Pouch, Albacore Tuna](#)

#### Albacore Tuna

lettuce leaves



#### Preparation

In medium bowl, mix beans, tomato, oil, onion, vinegar and oregano; toss albacore into salad and serve over lettuce. Makes 2-3 servings.

**Nutritional Information per serving:** Calories 360, Fat 21g, Sodium 160mg, Carbohydrate 26g, Fibre 8g, Protein 17g.



### Athena's Greek Pita

#### Ingredients

- ½ cup (100 mL) chopped tomato
- ½ cup (100 mL) chopped cucumber
- 1 tbsp (15 mL) chopped red onion
- 2 tbsp (30 mL) plain yogurt
- 2 tbsp (30 mL) mayonnaise
- 2 tsp (8 mL) lemon juice
- 2 lettuce leaves
- 1 pita bread round, halved
- 1 pouch (85 g) [Clover Leaf Rip'n Ready Pouch, Albacore Tuna](#)

2 tbsp (30 mL) sliced black olives (optional)

#### Preparation

1. In a small bowl, blend tomato, cucumber, onion, yogurt, mayonnaise and lemon juice; toss in albacore.
2. Place a lettuce leaf in each pita half.
3. Mound albacore mixture into pitas and sprinkle with olives, if desired.
4. Serve immediately. Makes 2 servings.

**Nutritional Information per serving:** Calories 280, Fat 14g, Sodium 520mg, Carbohydrate 23g, Fibre 3g, Protein 16g.

## Tuna Recipes

### Albacore Artichoke Sandwich

#### Ingredients

- 1 jar (170 mL) marinated artichoke hearts
- 2 crusty sandwich rolls, split
- 4 large tomato slices
- 1 pouch (85 g) [Clover Leaf Rip 'n Ready Pouch Albacore Tuna](#)

#### Preparation

1. Drain artichokes, reserving marinade.
2. Cut artichokes into quarters and place over bottom half of each roll, top with tomato and albacore.
3. Drizzle with reserved artichoke marinade.
4. Top with roll and serve. Makes 2 servings.

**Nutritional Information per serving:** Calories 230, Fat 6g, Sodium 530mg, Carbohydrate 29g, Fibre 3g, Protein 18g.



### Ultimate Tuna Sandwich

#### Ingredients

- 1 Pouch (85 g) [Clover Leaf Rip'n Ready Pouch, Albacore Tuna](#)
- 3 tbsp (45 mL) light mayonnaise
- 1 green onion, chopped
- 2 tbsp (30 mL) chopped red pepper or celery
- 1 tbsp (15 mL) sweet pickle relish
- Salt and pepper to taste
- 4-6 slices bread
- 1 large tomato, thinly sliced
- Leaf lettuce

#### Preparation

1. Mix all ingredients, except bread, tomato and lettuce, until well blended. Refrigerate until serving time.
2. For each sandwich, spread tuna mixture on one slice of bread; top with tomato slices, lettuce and second slice of bread

Makes 2 sandwiches.

**Nutritional Information per serving:** Calories 290, Fat 10g, Sodium 590mg, Carbohydrate 32g, Fibre 6g, Protein 19g.



## Tuna Recipes

### Grilled Bread & Tuna Salad

#### Ingredients

- 1 small baguette (about 8 oz/250 g)
- ¼ cup (50 mL) olive oil
- ¼ cup (50 mL) lemon juice
- 2 tbsp (30 mL) diced shallots
- ¼ tsp (1 mL) minced garlic
- 1 ½ lb (750 g) chopped tomatoes
- salt and pepper
- 1 can (85 g) [Clover Leaf Solid Light Tuna in Olive Oil](#)
- ¼ cup (50 mL) chopped basil or parsley



#### Preparation

1. Cut bread lengthwise into quarters. Grill/broil to toast both sides. Let cool. Combine next 4 ingredients. Mash tomatoes with back of fork. Season with salt & pepper. Cut bread into cubes and toss with dressing. Add tuna, coarsely flaked.
2. Let bread sit for 20-30 mins, toss occasionally. Salad is at peak when bread is fairly soft but some edges remain crisp. Add chopped basil or parsley. Makes 4 servings.

**Nutritional Information per serving:** Calories 350, Fat 14g, Sodium 750mg, Carbohydrate 41g, Fibre 2g, Protein 13g.



### Spaghetti Tuna

#### Ingredients

- 3 tbsp (45 mL) olive oil, divided
- ¼ cup (50 mL) coarsely chopped onion
- 1 can (796 mL) diced tomatoes
- salt and pepper
- 2 fresh basil leaves, chopped or 1 tsp (5 mL) dried basil
- 2 cans (85 g each) [Clover Leaf Solid Light Tuna in Olive Oil](#)
- 1 lb (454 g) spaghetti or linguine

#### Preparation

1. Heat 2 tbsp (30 mL) olive oil in saucepan, over medium-high heat. Add onions and cook, stir until softened, about 3 mins. Add tomatoes. Season with salt and pepper and stir in basil. Bring to a boil. Reduce heat to med-low and simmer until sauce thickens, about 20 mins.
2. Flake the tuna into the tomato sauce. Cover and simmer to heat through, 8 to 10 mins. Meanwhile, cook pasta according to package directions. Drain; then toss pasta with remaining 1 tbsp (15 mL) olive oil and sauce. Serve immediately. Makes 4 servings.

**Nutritional Information per serving:** Calories 630, Fat 16g, Sodium 135mg, Carbohydrate 92g, Fibre 6g, Protein 28g.



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## Tuna Recipes

### Tuna Double-Cheese Burgers

#### Ingredients

- 2 eggs
- 1/3 cup (75 mL) dry bread crumbs
- 2 tbsp (30 mL) each finely chopped dill pickles and green onion
- ¼ tsp (1 mL) each salt and pepper
- 2 cans (170 each) [Clover Leaf Flaked White Tuna](#), drained
- ½ cup (125 mL) shredded Cheddar cheese
- 1 tbsp (15 mL) vegetable oil
- 4 slices Cheddar cheese
- 4 whole wheat Kaiser or hamburger buns
- Additional dill pickles (optional)
- Lettuce, sliced tomato and red onion (optional)



#### Preparation

1. Beat eggs and mix in crumbs, pickles, green onion, salt and pepper. Crumble in the tuna and add the shredded cheese; toss to combine. Form mixture into four equal-sized patties, each about 1/2-in (1 cm) thick.
2. Chill for 15 minutes.
3. Heat the oil in a large, nonstick skillet set over medium heat. Add the tuna patties without crowding the pan. Cook for 3 to 5 minutes per side, or until lightly browned. Top each patty with a cheese slice. Cover the pan and remove from the heat. Let stand for 2 minutes or until the cheese is melted.
4. Transfer patties to buns and top with pickles, lettuce, tomato and onion (if using). Makes 4 Burgers

**Nutritional Information per serving: Calories 510, Fat 24g, Sodium 1150mg, Carbohydrate 34g, Fibre 1g, Protein 42g.**

**Hint:** To cook the patties on the grill: Preheat the grill to medium and grease well. Cook the patties for 3 minutes per side or until lightly browned. Add the cheese slices during the last minute of cooking.

## Tuna Recipes

### Bombay Tuna Mango Grilled Flatbreads

#### Ingredients

- 2 pouches (85 g each) [Clover Leaf Rip'n Ready Pouch, Yellowfin Tuna](#)
- 2 tbsp (30 mL) sweet mango chutney
- 1 tsp (5 mL) mild Indian curry paste
- 2 large whole-wheat flour tortillas
- ¼ cup (50 mL) sliced roasted red peppers from the jar, drained
- ¾ cup (175 mL) shredded Cheddar cheese
- Plain yogurt, sour cream or sweet mango chutney

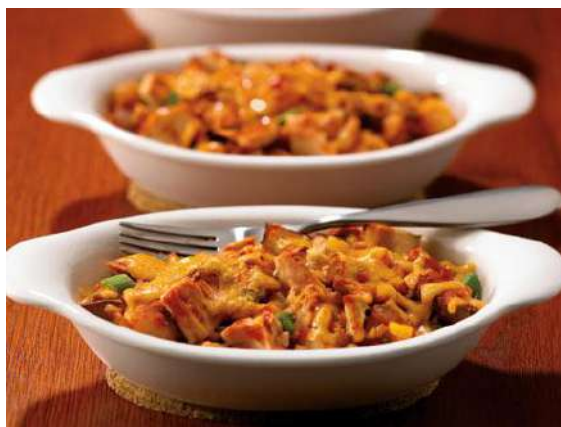


#### Preparation

1. Blend the tuna with the mango chutney and curry paste. Divide the mixture between two tortillas, spreading evenly over one side of each. Scatter the roasted red pepper and cheese evenly over the tuna. Fold over the tortilla to enclose the filling.
2. Preheat a grill-pan or nonstick skillet to medium and spray with cooking spray. Add the filled flatbreads and grill for 2 to 3 minutes per side or until nicely toasted and cheese is melted. Serve with yogurt, sour cream or sweet mango chutney (if using). Makes 4 servings.

**Nutritional Information per serving:** Calories 350, Fat 13g, Sodium 820mg, Carbohydrate 38g, Fibre 2g, Protein 20g.

**Hint:** Prepare on an outdoor grill, over medium heat for the same amount of time instead of on the grill pan.



### Tuna Potato Casserole

#### Ingredients

- 2 cooked baking potatoes
- 2 cans (170 g each) [Clover Leaf Chunk White Tuna](#), drained
- ½ cup (125 mL) each chopped green onion and corn kernels
- 2 cups (500 mL) mild salsa
- 1 cup (250 mL) shredded Cheddar cheese
- sour cream (optional)

#### Preparation

1. Preheat the oven to 350 F (180 C) . Cut the potatoes into 1/2-in (1 cm) cubes, leaving the skin on. Stir the potatoes gently with the tuna, green onion, corn, and salsa. Scrape into a 7 x 11-inch (2 L) casserole.
  2. Sprinkle evenly with the cheese and transfer to the oven. Bake for 25 minutes or until the casserole is bubbly and the cheese is melted. Serve with sour cream, if using.
- Makes 4 servings.

**Nutritional Information per serving:** Calories 410, Fat 11g, Sodium 1050mg, Carbohydrate 44g, Fibre 4g, Protein 33g.





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## Tuna Recipes

### Creamy Tuna Antipasto Dip

#### Ingredients

8 oz (250 g) light cream cheese, softened  
¼ cup (50 mL) sour cream  
2 cans (170 g each) [Clover Leaf Flaked White Tuna](#),  
drained  
2 cups (500 mL) prepared vegetable antipasto  
½ tsp (2 mL) hot pepper sauce  
2 green onions, finely chopped  
1 large round pumpernickel loaf (about 12 oz/375 g)  
Assorted veggies and crackers

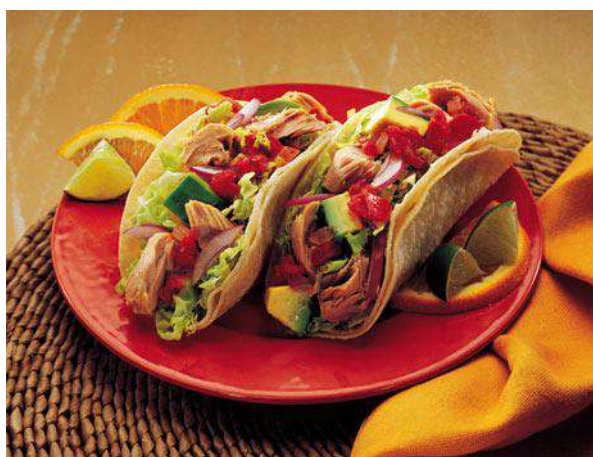


#### Preparation

1. Preheat the oven to 350 F (180 C) . Blend the cream cheese with the sour cream until smooth in a microwaveable safe bowl. Stir in the tuna and antipasto until well combined. Heat on HIGH in the microwave for 5 minutes or until mixture is hot throughout. Stir half way through cooking. Stir in the hot sauce and green onions.
2. Meanwhile, hollow out the loaf of bread to make a bread bowl. Tear the bread from the interior into bite-size pieces. Reserve for dipping. Fill the bread bowl with hot dip and place on a baking sheet. Bake in oven for 15 minutes until molten. Serve with the reserved bread, assorted veggies and crackers for dipping. Makes 20 servings.

**Nutritional Information per serving:** Calories 120, Fat 4g, Sodium 410mg, Carbohydrate 13g, Fibre 2g, Protein 8g.

**Hint:** This dip tastes great as a cold spread too



### Tuna Soft Tacos

#### Ingredients

8 corn or small flour tortillas, warmed  
1 cup (200 mL) shredded cabbage  
½ avocado, sliced or chopped  
¼ cup (50 mL) chopped red onion  
1 pouch (85 g) [Clover Leaf Rip'n Ready Yellowfin Tuna Pouch](#)

#### Preparation

For each taco, stack 2 tortillas together. Split cabbage, avocado, onion and tuna evenly between each taco. Fold and serve with salsa.  
Makes 4 tacos.

**Nutritional Information per serving:** Calories 210, Fat 6g, Sodium 135mg, Carbohydrate 32g, Fibre 4g, Protein 8g.

## Tuna Recipes

### Apple-Curry Tuna Buns

#### Ingredients

- 1 can (170 g) [Clover Leaf Solid White Tuna](#), drained and flaked
- ½ cup (125 mL) diced apples, (Macintosh, Delicious or Fuji apple varieties are preferred)
- ¼ cup (50 mL) dijonnaise
- ½ tsp (2 mL) curry powder
- 2 onion buns, halved and toasted or preferred bread



#### Preparation

1. In a bowl, combine the first four ingredients and mix.
2. Divide mixture in two and spread 1/2 cup on the bottom slice of each onion bun; replace top half.
3. Cut the sandwich into quarters and slip a skewer through the center of each quarter, if desired.
4. Garnish with an apple slice (on one end of the skewer, if you like) and serve. Makes 2 servings.

**Nutritional Information per serving: Calories 250, Fat 3.5g, Sodium 620mg, Carbohydrate 31g, Fibre 2g, Protein 22g.**

**Hint:** If your pantry does not have dijonnaise, simply mix together equal parts mayonnaise to dijon mustard.



### Salsa Tuna Roll-Ups

#### Ingredients

- 1 can (170 g) [Clover Leaf Solid White Tuna in Water](#), drained
- ¼ cup (50 mL) preferred Salsa
- 3 green onions, chopped
- 4 large (12 inch) flour tortillas
- ½ package (125g) cream cheese or light cream cheese (spreadable)

#### Preparation

1. In a small bowl, mix tuna, salsa and green onions. Blend in enough water to allow easy spreading, if required.
2. Lay tortillas one by one on a flat surface. Spread 1/4 of the cheese onto each tortilla, covering the entire surface. Spread 1/4 of the tuna mixture over cheese to within an inch of each tortilla edge.
3. Starting at the top, roll up each the tortilla into a snug cylindrical shape, ensuring the cream cheese seals the bottom and ends.
4. When ready to serve, cut the roll-ups into 2-inch slices. Serve with fruits and other appetizers. Makes 24 pieces.

**Nutritional Information per serving: Calories 80, Fat 2g, Sodium 160mg, Carbohydrate 11g, Fibre 1g, Protein 4g.**

**Hint:** Roll-ups can also be wrapped in aluminum foil, and refrigerated for up to 24 hours, until ready to serve. Great snack for kids when they come home from school.

## Tuna Recipes

### Tuna Fettucini Alfredo

#### Ingredients

- 1 cup fresh fettucini pasta
- 2 cans (85 g each) [Clover Leaf Solid Light Tuna - Yellowfin in Olive Oil](#)
- 1 cup (250 mL) 10% cream
- 2 garlic clove, minced
- ½ cup (125 mL) canned mushrooms, sliced

#### Preparation

1. In a large pot of boiling, salted water, cook fettucini for 4 minutes; drain well.
2. In a large sauté pan, add the olive oil from the canned tuna and sauté the garlic, mushrooms and tuna, while the pasta is cooking.
3. Add the cream.
4. Toss pasta with sauce in the sauté pan, until coated.
5. Serve immediately. If desired, sprinkle with parmesan cheese and garnish with sprig of parsley.

Makes 2 servings.

**Nutritional Information per serving:** Calories 550, Fat 27g, Sodium 430mg, Carbohydrate 45g, Fibre 3g, Protein 31g.



**Note:** Tri-coloured fettucini was used for this photography. Regular fresh fettuccini works well, too.



### Tuna and Egg Muffin

#### Ingredients

- 2 cans (85g each) [Clover Leaf Solid Light Tuna - Yellowfin in Olive Oil](#)
- 4 eggs
- 4 slices (33 g each) multi-grain English muffins
- 1 avocado, sliced
- ¼ cup sun-dried tomatoes

#### Preparation

1. Over medium heat, in a non-stick saucepan, use the oil from the tuna to fry the eggs sunny side up.
  2. Toast the bread while the eggs are frying and fan slices of avocado over top of each slice of toasted bread followed by 1/2 a can of tuna on each piece.
  3. Top each with a fried egg and slices of sun-dried tomato. Serve immediately.
- Makes 4 servings.

**Nutritional Information per serving:** Calories 300, Fat 16g, Sodium 330mg, Carbohydrate 23g, Fibre 6g, Protein 20g.

**Hint:** You could use olive bread instead of English muffins for added flavour from the olives.





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## Tuna Recipes

### Creamy Tuna Pasta Skillet

#### Ingredients

- 2 cups (500 mL) each dry elbow macaroni and water
- 1 cup (250 mL) milk
- 1 can (284 mL) Low Fat Cream of Mushroom Condensed Soup
- 2 cans (170 g each) [Clover Leaf Flaked Light Tuna in Water](#), drained
- ½ cup (125 mL) finely chopped onion
- 1/3 cup (75 mL) prepared sun-dried tomato pesto
- 1 large clove garlic, minced
- 4 cups (1 L) chopped Swiss Chard leaves
- 1 ripe tomato, seeded and chopped
- Grated Parmesan cheese (optional)



#### Preparation

1. Combine pasta, water and milk in a large, deep skillet with a tight fitting lid; set over high heat. Bring to a boil; boil for 3 minutes.
2. Reduce the heat to medium. Stir in the condensed soup, tuna, onion, pesto and garlic; mix in well. Cover and cook, stirring occasionally to prevent pasta from sticking to the pan, for 5 minutes. Stir in Swiss chard and tomato. Remove from the heat and let stand, covered, for 5 minutes. Serve with Parmesan cheese (if using) .

Makes 4 servings.

**Nutritional Information per serving: Calories 460, Fat 10g, Sodium 820mg, Carbohydrate 58g, Fibre 4g, Protein 34g.**

#### Hint:

1. Swiss chard can be replaced with other leafy greens such as chopped spinach or arugula.
2. Although this recipe calls for Swiss chard leaves only, don't waste the stems. Chopped leftover stems can be added to soups, stews, stir-fries or sauces.

## Tuna Recipes

### Tuna & Refried Beans Burrito

#### Ingredients

- 1 can (170 g) [Clover Leaf Skipjack Flaked Light Tuna in Water](#), drained
- ¼ cup (50 mL) prepared salsa
- ¾ cup (175 mL) prepared low fat refried beans
- ¾ cup (175 mL) reduced-fat shredded Cheddar cheese
- 1 green onion, chopped
- 4 large whole-wheat flour tortillas

#### Preparation

1. Preheat the oven to 400°F (200°C) . Blend the tuna and salsa until combined. Set aside. Spread an equal portion of the refried beans across the center of each tortilla. Top with equal portions of the tuna mixture, Cheddar cheese and green onions.
2. Fold in the sides and roll up each tortilla to enclose. Place each burrito, seam-side-down, in a lightly greased baking dish. Bake for 15 minutes or until tortillas are crisp and the filling is hot. Makes 4 servings.

**Nutritional Information per serving:** Calories 600, Fat 11g, Sodium 1460mg, Carbohydrate 90g, Fibre 11g, Protein 35g.

**Hint:** Garnish the burritos with additional salsa and fat free sour cream.



### Tuna Sloppy Joes

#### Ingredients

- 1 tbsp (15 mL) vegetable oil
- 1 small onion, very finely chopped
- 1 cup (250 mL) grated carrot
- 1 small red pepper, very finely chopped
- 1 can (284 mL) sodium-reduced condensed tomato soup
- 1 tbsp (15 mL) balsamic vinegar
- 2 tsp (10 mL) each dry mustard powder and chili powder
- 1 tsp (5 mL) each Worcestershire sauce and honey
- 2 cans (170 g each) [Clover Leaf Flaked Light Tuna in Water](#), drained
- 4 toasted whole grain hamburger or hoagie rolls
- ½ cup (125 mL) reduced-fat shredded Cheddar cheese
- 1 green onion, chopped (optional)

#### Preparation

1. Heat the oil in a skillet set over medium heat. Add the onion, carrot and red pepper. Cook, stirring occasionally, for 5 minutes or until softened.
2. Stir in the soup, 1 can of water, vinegar, mustard powder, chili powder, Worcestershire sauce and honey. Bring to a boil. Simmer, stirring often, for 8 minutes or until thickened.
3. Stir in the tuna and cook, stirring occasionally, for 2 to 3 minutes or until heated through. Spoon the tuna mixture over toasted buns; top with cheese and green onion (if using) . Makes 4 servings.

**Nutritional Information per serving:** Calories 330, Fat 9g, Sodium 580mg, Carbohydrate 36g, Fibre 5g, Protein 31g.

**Hint:** Use a food processor to help chop the vegetables super-finely so that your kids won't notice them.

## Tuna Recipes

### Spicy Tuna Roti

#### Ingredients

- 1 tbsp (15 mL) vegetable oil
- 1 onion, finely chopped
- 1 jalapeno, seeded and finely chopped
- 1 small green pepper, chopped
- 1 tbsp (15 mL) each jerk seasoning and all-purpose flour
- 1 cup (250 mL) milk
- 2 cans (170 g each) [Clover Leaf Flaked Light Tuna Packed in Water](#), drained
- ½ tsp (2 mL) hot sauce (or to taste)
- ¼ tsp (1 mL) each salt and pepper
- 4 10-inch (25 cm) roti, chapatti or whole-wheat tortillas
- ½ cup (125 mL) chopped tomato
- 2 tbsp (30 mL) finely chopped fresh coriander leaves or green onion



#### Preparation

1. Heat the oil in a large nonstick skillet set over medium heat. Add the onion, jalapeno, green pepper and jerk seasoning. Cook, stirring occasionally, for 5 minutes or until softened. Sprinkle over the flour and cook, stirring, for 1 minute.
2. Stirring constantly, pour in the milk and bring to a simmer. Stir in the tuna, hot sauce, salt and pepper; simmer for 2 to 3 minutes or until sauce is thickened and tuna is heated through.
3. Divide the tuna mixture evenly between the roti. Sprinkle with tomato and coriander. Fold in sides of roti and then roll up from the bottom to encase filling.

Makes 4 servings.

**Nutritional Information per serving: Calories 400, Fat 11g, Sodium 1080mg, Carbohydrate 46g, Fibre 3g, Protein 30g.**

#### Hint:

1. Omit the jalapeno and reduce the hot pepper sauce to taste to limit the spiciness of the filling.
2. Sprinkle the tuna filling with shredded Cheddar cheese before rolling to add flavour and provide additional calcium.





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## Tuna Recipes

### Tuna Falafels

#### Ingredients

1 can (170 g) [Clover Leaf Skipjack Flaked Light Tuna in Water](#), drained  
1 cup (250 mL) cooked chickpeas, drained and rinsed  
½ cup (125 mL) chopped onion  
2 tbsp (30 mL) each chopped fresh parsley and coriander leaves  
1 clove garlic, minced  
1 tsp (5 mL) ground cumin  
¼ tsp (1 mL) each salt and pepper  
2 tbsp (30 mL) all-purpose flour  
2 tbsp (30 mL) vegetable oil  
4 small whole-wheat pitas  
½ cup (125 mL) each diced tomato and onion  
¼ cup (50 mL) tzatziki sauce



#### Preparation

1. Combine the tuna, chickpeas, onion, parsley, coriander, garlic, cumin, salt and pepper in a food processor. Blend until smooth. Transfer to a bowl and stir in the flour. Shape the mixture into 12 small, equal-sized patties.
2. Heat the oil in a large, nonstick skillet set over medium heat. Add the patties in a single layer. Cook for 2 to 3 minutes per side or until well browned. Transfer to a paper towel-lined plate.
3. Serve 3 patties per pita topped with tomato, onion and Tzatziki to taste.

Makes 4 servings.

**Nutritional Information per serving: Calories 290, Fat 10g, Sodium 630mg, Carbohydrate 34g, Fibre 6g, Protein 18g.**

#### Hint:

1. For soft, warm pitas; wrap the pitas in a dampened, clean kitchen towel. Heat in the microwave on High for 30 to 40 seconds.
2. Omit the coriander and double the parsley, if preferred.



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## Tuna Recipes

### Tasty Tuna Nuggets

#### Ingredients

2 cans (170 g each) [Clover Leaf Skipjack Flaked Light Tuna in Water](#), drained  
2 green onions, finely chopped  
1 cup (250 mL) cooked brown rice  
½ cup (125 mL) shredded Cheddar cheese  
¼ cup (50 mL) sweet pickle relish or finely chopped pickle  
2 egg yolks  
½ tsp (2 mL) salt  
3 tbsp (45 mL) all-purpose flour  
2 cups (500 mL) corn flakes, very finely crushed  
Ketchup or plum sauce (optional)



#### Preparation

1. Blend the tuna, green onion, rice, cheese, relish, egg and salt until well combined. Stir in the flour. Gently press the tuna mixture into 24 small, equal-sized nuggets. (If needed, add up to 1 tbsp (15 mL) extra flour to help the mixture hold together.) Coat each nugget in the crumbs. Discard any leftover crumbs.
2. Preheat the oven to 375°F (180°C) . Spread the nuggets out in a single layer on a baking sheet lined with parchment paper. Bake, turning once, for 20 minutes or until browned. Serve with ketchup or plum sauce (if using) for dipping.

Makes 4 to 6 nuggets.

**Nutritional Information per serving:** Calories 210, Fat 6g, Sodium 530mg, Carbohydrate 21g, Fibre 1g, Protein 19g.

#### Hint:

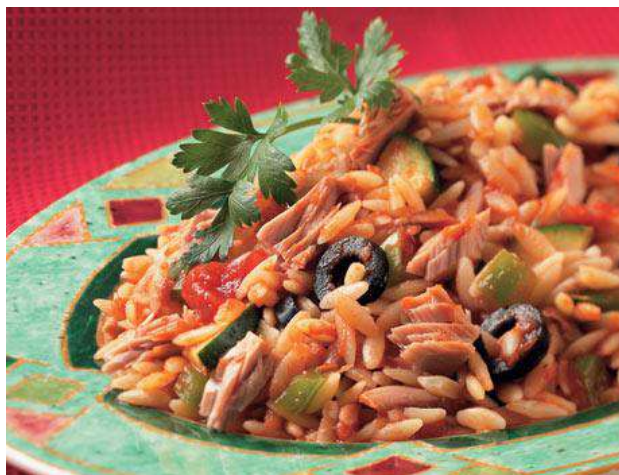
1. Nuggets can be formed and frozen, unbaked, on a parchment-paper-lined baking sheet. Once firm; transfer to an airtight container or zip-top bag and reserve in the freezer until ready to use. Bake as directed above.
2. For a yogurt-dill dipping sauce, combine 1/2 cup (125 mL) plain yogurt with 1 tbsp (15 mL) honey mustard and 1 tsp (5 mL) each grated lemon zest and dried dillweed.

## Tuna Recipes

### Tuna Casserole and Italian Orzo

#### Ingredients

- 1 ½ cups (375 mL) orzo pasta
- 2 tsp (10 mL) olive oil
- 1 clove garlic, minced
- 1 cup (250 mL) small zucchini, diced
- ½ cup (125 mL) chopped green pepper
- 1/8 tsp (0.5 mL) red pepper flakes
- 1 jar (700 mL) pasta sauce
- 2 cans (170 g each) [Clover Leaf Flaked Light Tuna](#), drained
- ½ cup (125 mL) sliced pitted ripe olives (optional)
- ¼ cup (50 mL) grated Parmesan cheese



#### Preparation

1. Cook orzo according to package directions. Drain.
2. Meanwhile, in large skillet, heat oil over medium heat. Sauté garlic, zucchini, green pepper and red pepper flakes until tender about 2 minutes.
3. Remove from heat, stir in orzo and pasta sauce. Fold in tuna and olives, if using.
4. Pour into a 6 cup (1.5 L) casserole dish; sprinkle with cheese. Bake at 350°F (180°C) about 30 minutes or until cheese is lightly browned and casserole bubbles. Makes 6 servings.

**Nutritional Information per serving:** Calories 370, Fat 10g, Sodium 1080mg, Carbohydrate 50g, Fibre 4g, Protein 25g.

**Hint:** Instead of orzo, use other bite-size pasta shapes: use 2 cups (500 mL) rotini or penne.



### Tuna and Apple Melt

#### Ingredients

- ¼ cup (50 mL) light mayonnaise
- 1 ½ tsp (7 mL) Dijon mustard
- 1 can (170 g) [Clover Leaf Flaked White Tuna](#), drained
- 2 green onions, thinly sliced
- 4 slices multigrain or pumpernickel bread
- 1 small red or green apple, cored and thinly sliced
- 1 cup (250 mL) shredded cheddar or Swiss cheese

#### Preparation

1. In a small bowl mix mayonnaise and mustard; stir in tuna and green onions.
2. Place bread on flat baking sheet and toast one side of bread under the broiler. Spread tuna mixture on non-toasted side.
3. Arrange apple slices on tuna, overlapping as necessary. Sprinkle cheese over all.
4. Broil about 2 minutes or until cheese is bubbling. Makes 4 servings.

**Nutritional Information per serving:** Calories 310, Fat 15g, Sodium 650mg, Carbohydrate 23g, Fibre 5g, Protein 22g.

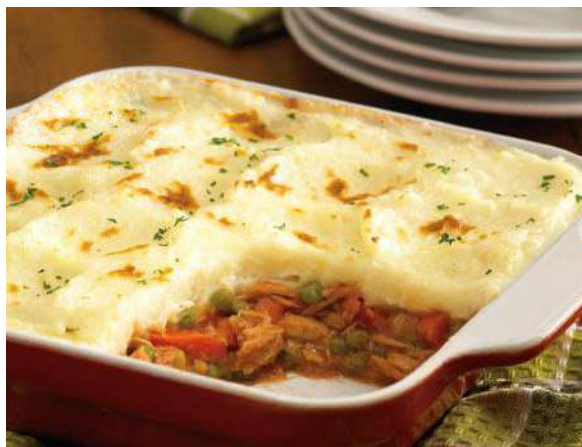


## Tuna Recipes

### Tuna Shepherd's Pie

#### Ingredients

- 2 cups (500 mL) frozen mixed vegetables
- 1 cup (250 mL) frozen shelled edamame or peas
- 2 cloves garlic, minced
- 1 small onion, grated
- 1 can (284 mL) Condensed Tomato Soup (25 % Less Salt)
- 2 cans (170 g each) [Clover Leaf Flaked Light Tuna in Water](#), drained
- 2 cups (500 mL) prepared mashed potatoes
- 1 tbsp (15 mL) non-hydrogenated margarine melted



#### Preparation

1. Preheat the oven to 375°F (190°C) . Place vegetable blend, edamame, garlic, onion and 1/4 cup (50 mL) water in a medium saucepan set over medium heat. Cover and cook for 10 minutes or until vegetables are softened. Add condensed soup and tuna; bring to a boil.
2. Transfer tuna mixture to an 8-inch (2 L) square baking dish. Dollop mashed potatoes over the tuna and spread evenly; brush with margarine. Bake for 20 minutes or until bubbly and heated through. Serves 4.

**Nutritional Information per serving:** Calories 350, Fat 4.5g, Sodium 320mg, Carbohydrate 52g, Fibre 7g, Protein 30g.

#### Hint:

1. For a nicely browned top, broil the casserole for about 5 minutes before removing from the oven.
2. Pre-warming the potatoes (if cold) in the microwave while the vegetables are steaming so that they are easier to spread.
3. Add hot sauce or a splash of red wine to the tuna mixture to taste for a more adult flavour profile.



### Hearty Tuna & Potato Hash

#### Ingredients

- 1 can (85 g) [Clover Leaf Solid Light Tuna in Olive Oil](#)
- 1 ¼ cup green onion, sliced
- 16 oz. (400 mL) sliced potato, canned
- 1 red or orange bell pepper, small dice
- 1 can (85 g) [Clover Leaf Flaked Light Tuna - Sundried Tomato & Basil](#)

#### Preparation

1. In a sauté pan, heat the olive oil from the can of Clover Leaf Solid Light Tuna in Olive Oil.
2. Add the onion, potato and red pepper. Sauté until warm 2 minutes.
3. Add the tuna from Clover Leaf Solid Light Tuna in Olive Oil and Clover Leaf Flaked Light Tuna - Sundried Tomato & Basil cans and continue to cook for 2 more minutes.
4. Serve as a hearty breakfast or brunch accompaniment. Makes 4 servings.

**Nutritional Information per serving:** Calories 120, Fat 3g, Sodium 370mg, Carbohydrate 12g, Fibre 2g, Protein 11g.

## Tuna Recipes

### Beef Tonne Tuna Dip

#### Ingredients

- 1 can (85 g) [Clover Leaf Solid Light Tuna in Olive Oil](#)
- 1 can (85 g) [Clover Leaf Flaked Light Tuna - Lemon & Pepper](#)
- 1/3 cup mayonnaise
- 2 tbsp capers
- ½ lb. (226 g) roast beef, thinly sliced (approx. 24 slices)

#### Preparation

1. Mix tuna and mayonnaise. Fold in capers. Cover and refrigerate up to overnight.
2. When ready to assemble, place sliced beef in a shallow, single-serve dish.
3. Measure approx. 2½ - 3 tps of the tuna mixture on top of each slice to make approx. 24 servings.
4. Serve immediately.

**Nutritional Information per serving:** Calories 35, Fat 2g, Sodium 75mg, Carbohydrate 0g, Fibre 0g, Protein 4g.

**Hint:** You can also serve the tuna mixture as a dip, with crudité or crackers.

#### Note:

The original recipe, Vitello Tonnato, uses veal instead of beef and was created in the northern part of Italy, mixing traditional agricultural and marine cultures. This dish has many variants, so we created this simple and quick version, in keeping with the focus on your convenience and the 'Take 5' theme. We hope you like it.



### Moroccan Tangiers Tuna

#### Ingredients

- 1 ½ cups couscous
- 1 stalk celery, small dices
- 1 cup mint, chopped
- 1 can (85 g) [Clover Leaf Yellowfin Solid Light Tuna in Olive Oil](#)
- 1 can (85 g) [Clover Leaf Flaked Light Tuna – Lemon & Pepper](#)

#### Preparation

1. Heat up water in an electric kettle. Pour boiling water over couscous.
2. Dice up celery and chop up mint.
3. Fluff up couscous using a fork and stir in the mint, celery, tuna from the cans and the olive oil from the can of Clover Leaf Yellowfin Solid Light Tuna in Olive Oil.
4. Serve immediately. Makes 4 servings.

**Nutritional Information per serving:** Calories 290, Fat 3g, Sodium 170mg, Carbohydrate 52g, Fibre 3g, Protein 19g.



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## Tuna Recipes

### Red Potato & Tuna Toss

#### Ingredients

1 lb. (454g) small red potatoes, cooked and quartered

½ green bell pepper, stemmed, seeded and diced

½ tsp (2 mL) dried dill

¼ cup (50 mL) olive oil

1 pouch (85 g) [Clover Leaf Rip 'n Ready Yellowfin Pouch](#)

#### Preparation

In medium bowl, combine potatoes, peppers, dill and oil. Add tuna, toss lightly.

Makes 2 servings.

**Nutritional Information per serving:** Calories 450, Fat 24g, Sodium 140mg, Carbohydrate 42g, Fibre 3g, Protein 16g.

