Tuna-Mac Salad

6 cups water
1 cup uncooked elbow macaroni
*1/2 can (6 oz) tuna, drained (or canned chicken)
2 hard-cooked eggs, chopped
2 stalks celery, chopped
1 small onion, chopped
1 Tablespoon sweet pickle relish
1/2 cup reduced fat mayonnaise or salad dressing
1/4 teaspoon pepper

Directions
Bring 6 cups of water to a boil. Add macaroni and cook until tender, about 10 minutes. Drain macaroni. In medium size bowl, combine macaroni, tuna, eggs, celery, onion, and pickles. Add mayonnaise or salad dressing and pepper; mix well and put in refrigerator. Serve cold.

Makes 5 servings (1 cup each)
Nutritional Information: Amount per serving: Calories 193; Total Fat 10 g; 46% of total calories from fat; Protein 13 g; Sodium 325 mg; Iron 1.3 mg.

Make a quick Tuna Salad with the leftover tuna!!!

• 1/2 can (6 oz) tuna, drained
• 2 Tablespoons reduced fat mayonnaise
• 4 teaspoons sweet pickle relish, if you like.

In a small bowl, mix tuna, mayonnaise and pickles. Make 2 (1/2 cup) servings.

Serving ideas: As a sandwich on whole wheat bread or on crackers. Add lettuce and tomato to increase fiber.
Apple Juice Ice Pops

A fun summer activity for children!

What you’ll need:

• 3 3/4 cup apple juice (or any 100% fruit juice)
• 1/2 cup sugar
• 1 cup non-fat dry milk powder

Directions
Mix fruit juice and sugar and stir until dissolved. Add milk powder and stir until blended. Pour in plastic popsicle molds, in small cups, or in ice cube trays. When mixture is partially frozen, insert a wooden or plastic spoon in the center of each ice pop. Freeze until firm.

Makes 5 ice pops
Nutritional Information: Amount per serving (ice pop): Calories 216; Total fat 0g; Sodium 134 mg; Vitamin A 13%; Vitamin C 89%; Calcium 32%; Iron 1%.

Vitamin C
Apple Juice Ice Pops are an excellent source of vitamin C!

Calcium
Instant nonfat dry milk is an excellent source of calcium!

Calcium is essential for children to develop strong bones and help adults maintain healthy bones.

This meal includes foods from ALL five groups on the Food Guide Pyramid!

Mayonnaise, Sugar, Pickle Relish
Non-fat Dry Milk
Tuna, Eggs
Carrot Sticks, Celery, Onion
Apple Juice
Macaroni

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