Recipes For A Complete Meal Using Commodity Foods*

Menu:

• Tuna & Curly Noodles
• Sweet Peas
• Peach-Apricot Cobbler

Tuna & Curly Noodles

1 (6 oz) can tuna, or 1/2 (12 oz) can tuna,*drained
1 (14 oz) can tomatoes, undrained*
1 (8 oz) can of whole kernel corn, undrained*
1 (3 oz) package of oriental noodles (broken into pieces, 1/2 flavor packet)

Directions: In a medium saucepan, combine tuna, tomatoes, corn, noodles, and half of the flavor packet. Stir. Cover and simmer on medium heat for about 15 minutes or until noodles are tender and the liquid is absorbed.

Special Note: Double this recipe to use whole (12 oz) can of tuna and large (14 oz) can of corn (commodity sizes). Or, use the left over tuna to make an easy tuna salad. See recipe to the right.

Makes 4 servings.
Nutritional Information: Amount per serving (1 cup):
Calories 219; Total Fat 4 g; 16% of total calories from fat; Protein 16 g; Sodium 684 mg; Vitamin A 18%; Vitamin C 16%; Calcium 4%; Iron 17%.

Quick Tuna Salad

• 1 (6 oz) can tuna, or 1/2 (12 oz) can tuna,*drained
• 2 Tablespoons reduced fat mayonnaise
• 4 teaspoons sweet pickle relish (optional)

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

Serving ideas: Serve as a sandwich on whole wheat bread or on crackers. Add lettuce and tomato to increase fiber.
Peach-Apricot Cobbler*

- 1/2 cup butter or margarine (1 stick)
- 1 cup self-rising flour**
- 1 cup fat-free or 1% milk
- 1 cup sugar
- 1/4 teaspoon ground nutmeg, if desired
- 1 (15 oz) can peaches (drained)*
- 1 (15 oz) can apricot halves (drained)*

Directions:
Preheat oven to 375 degrees F. Melt the butter in the (13”x 9”) pan (place pan with butter in oven to melt butter - check every few minutes); remove pan when butter is melted. Mix the flour, milk, sugar, and nutmeg (if desired) together in a bowl. Pour batter over melted butter, do not stir. Spread the peaches and apricots on top of the batter, do not stir. Bake about 30 minutes or until crust is golden brown and fruit is bubbly. Be careful not to overcook. Serve warm. Top with a small scoop of ice cream if desired.

**Substitute 1 cup all-purpose flour plus 1 teaspoon baking powder and 1/2 teaspoon salt for self-rising flour.

Makes 8 servings.
Nutritional Information: Amount per serving:
Calories 298; Total Fat 12 g; 35% of total calories from fat; Protein 3 g; Sodium 356 mg; Vitamin A 33%; Vitamin C 6%; Calcium 10%; Iron 7%.

Cutting The Salt!

Americans tend to get too much salt (sodium) in their diet. The recommended level is less than 2,400 mg of sodium per day. Everyone should be careful about how much sodium they eat, especially if they have high blood pressure.

The recipe Tuna & Curly Noodles can be high in sodium (salt), especially if you use the whole flavor packet from the noodle package. Below are a few easy ways to lower the sodium in this recipe.

- Use 1/2 flavor packet from the oriental noodles: The flavor packet contains a lot of the sodium in this recipe. Using only 1/2 of the flavor packet will cut much of the salt.

- Drain and rinse canned vegetables in a colander: Canned vegetables tend to have a lot of sodium in the liquid. Measure the amount of liquid drained from the cans and then add the same amount of fresh water to the recipe.

- Use “No Salt Added” canned corn and tomatoes: Canned corn and tomatoes with the words “No Salt Added” on the label would reduce the sodium in this recipe by about half.

Sweet Peas*

Open canned sweet peas and drain. Place peas in a microwavable safe dish and heat for 2 minutes. Or, heat peas on medium heat in a small amount of water. Serve soon after heating.

*Substitute 1 cup all-purpose flour plus 1 teaspoon baking powder and 1/2 teaspoon salt for self-rising flour.

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.

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October 2004
Publication Number: FDNS-NE 2011