

## **Recipe Category: Cold Main Dish**

## **Funny Face Tuna Tostado**

Yield: 1 serving

- 1/4 cup light tuna, canned in water, drained well and flaked
- 1/4 cup canned diced tomatoes with green chilies, drained well
- 1/2 teaspoon dried chopped cilantro leaves
- 1/2 teaspoon dried oregano leaves
- 2 teaspoons mayonnaise
- 1/4 cup shredded cheese, such as colby or cheddar
- 1 whole wheat tortilla, about 8 inches in diameter
- 4 thin round slices fresh cucumber, zucchini or radishes
- 3 small carrot strips or onion wedges
- 1/2 slice red tomato
- 1/2 cup torn salad greens, such as curly leaf lettuce
- 1. Wash your hands and work area.
- 2. In a small mixing bowl, mix tuna with canned tomatoes, cilantro, oregano, mayonnaise and cheese.
- 3. Place tortilla on a dinner plate. Spread tuna mixture across the top of the tortilla.
- 4. Make a funny face by topping the tuna mixture with cucumber slices for eyes, carrot strips or onion wedges for eyebrows and a nose, tomato for a mouth, and torn salad greens for hair.
- 5. Serve cold.
- 6. Cover and refrigerate leftovers within two hours.



<u>Meal suggestion</u>: Serve with plums and low-fat milk.

This easy and fun-tomake cold main dish is an excellent source of vitamins A and C, and of calcium. It is also a good source of dietary fiber and iron.

Nutriti Serving Size 1			
(258g) Servings Per Container 1			
Amount Per Serving			
Calories 360	Calor	ies from	Fat 140
		% Da	ily Value*
Total Fat 16g			25%
Saturated Fat 6g			30%
Trans Fat 0g			
Cholesterol 40mg			13%
Sodium 800mg			33%
Total Carbohydrate 32g 11%			11%
Dietary Fiber 4g			16%
Sugars 4g			
Protein 22g			
	<i>,</i> ,		
Vitamin A 120%		/itamin (	20%
Calcium 25% • Iron 15%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Saturated Fat Le Cholesterol Le Sodium Le Total Carbohydrate Dietary Fiber	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

2 carbohydrate choices per serving.

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