

# SIMILAR INGREDIENTS, MULTIPLE MEALS

*Shop once, eat twice: Successful tips for busy families.*



FEATURED RECIPES  
CAN BE PAIRED WITH  
SIDE DISHES NOTED ON  
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## **Ingredients:**

**12 oz. can albacore white tuna, diced**  
**2 Tbsp. onions, diced**  
**1 celery stalk, diced**  
**3 Tbsp. mayonnaise**  
**Bread, sliced**  
**Cheese**



## Tuna Melt in Air Fryer

### Directions:

1. Drain and rinse the tuna. Dice it and put into a medium-sized bowl.
2. Add diced onions and celery. Mix in the mayonnaise.
3. Prepare the bread. See tips below.
4. Smear the tuna salad on top of the bread. Top with cheese. You can use a slice of cheese or shredded cheese.
5. Preheat the air fryer to 250°F. Bake for 4 minutes.

Note: The two ways to avoid soggy tuna melt sandwich are:

- Use a ½” slice of a hearty bread such as a crusty loaf of French bread, Italian bread or sourdough bread.
- Toast the bread or English muffin before adding the toppings.

# Eat what's in season... Grapes

Grapes come in different varieties: Concord, red flame, black, green, purple. Grapes are naturally fat-free, cholesterol-free and saturated fat-free. Plus, they are very low in sodium. Serve grapes fresh, frozen, in salads or on the grill as part of a skewer.



**Selection and Storage:** Select firm, plump and smooth grapes. Grapes that are firmly attached to the stem are fresh. Avoid soft, wrinkled, or leaking grapes and bunches of grapes with brown stems or very light colored areas around the stems. Green grape varieties should have a slightly yellowish, translucent hue rather than a true, opaque green. Red grape varieties should be mostly red and have a rich, reddish-purple hue. Blue-black grape varieties should have a deep, rich, dark hue.

Store grapes unwashed in the refrigerator in a plastic bag for use within 5 days.

**Preparation hints:** Clean grapes just before serving by rinsing the grapes under cool running water in a colander. Remove grapes from stem for recipes. Hold on both sides of the grape when slicing in halves or quarters. Or, you can leave the bunch of grapes whole or cut into smaller sections to serve as a snack.



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## Grilled Tuna Steak with Lime Butter

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### **Ingredients:**

**4 tuna steaks, 1" thick**  
**¼ cup olive oil**  
**¼ cup butter, softened**  
**1½ Tbsp. lime juice**  
**1 tsp. lime zest**



### **Directions:**

1. Brush tuna steaks with oil. Place on preheated grill and cook for 5 – 6 minutes per side.
2. In small bowl, combine butter, lime juice and lime zest. (The lime butter can be prepared in advance so flavors blend.)
3. When tuna reaches 145°F., remove from grill and brush with lime butter. Serve.

## Side Dish Spotlight

Below are a few side dish ideas to pair with our featured tuna recipes or to try on their own!

### Creamy Grape Salad

- 4 cups seedless green grapes
- 4 cups seedless red grapes
- 8 oz. pkg. cream cheese at room temp.
- 8 oz. sour cream
- ½ cup sugar
- 1 tsp. vanilla extract
- ½ cup pecans, finely chopped



#### Directions:

1. Wash the grapes in a colander and dry thoroughly with paper towel. Place the dry grapes in a 9" x 13" baking dish.
2. In medium bowl, combine cream cheese, sour cream, sugar and vanilla. Mix well using an electric mixer.
3. Pour the mixture over the grapes and combine until all the grapes are generously coated. Chill in the refrigerator for at least 1 hour.
4. Sprinkle pecans on top just before serving.

### Broccoli Surprise Salad

- 5 cups broccoli florets
- 2 cups seedless red grapes, halved
- ½ cup red onion, diced
- 1 cup mayonnaise
- ½ cup sugar
- 2 Tbsp. apple cider vinegar
- ½ lb. sliced bacon, cooked and crumbled
- ⅔ cup slivered almonds, toasted
- ½ cup shredded cheese



#### Directions:

1. In a large salad bowl, combine broccoli, grapes and red onion.
2. In a small bowl, combine the mayonnaise, sugar and vinegar. Pour over broccoli mixture and toss to coat.
3. Just before serving, gently stir in bacon, almonds and cheese.

### Tuna Waldorf Salad

- 7 oz. can tuna, in water
- 1 cup grapes, quartered
- ½ cup celery, finely chopped
- 1 apple, finely chopped
- ½ cup pecans, finely chopped
- ¾ cup mayonnaise
- 3 T. lime juice



#### Directions:

1. In a large bowl, combine tuna, grapes, celery, apple and pecans.
2. In a small bowl, combine the mayonnaise and lime juice. Pour over tuna mixture and toss to coat.

## Selection, Handling, & Storage

**Selection:** Tuna can be purchased fresh, canned or frozen. **Fresh** tuna is a great choice for the grill. If purchasing tuna steaks, look for moist (but not weepy) and shiny. Tuna steaks that are starting to age will look dull and begin to brown. Another sign of aging is "gapping", when the meat starts to separate. **Frozen** tuna should show no signs of frost. Plus, avoid packages where "frozen" fish is not hard. When selecting **canned** tuna, you have lots of options. Solid or fancy pack will contain large pieces. White tuna (albacore) has a milder flavor and lighter color. Flaked tuna is fairly broken apart and best for salads and melts.



Canned tuna is usually packed in water or oil, with the oil-packed being more moist. The latest packaging is in vacuum pouches with no added oil or water.

**Preparation:** Thaw **frozen** fish in the refrigerator overnight. If you need to thaw quicker, you can immerse frozen fish in a sealed plastic bag in cold water. Tuna can be grilled, baked, broiled, added to casseroles or salads. **Fresh** or thawed tuna needs to be cooked until it reaches an internal temperature of 145°F. The flesh will separate easily with a fork. **Canned** tuna is already pre-cooked.

**Storage:** **Fresh** tuna can be stored in the refrigerator 1 - 2 days. Cooked fish can be stored in the refrigerator for 3 - 4 days. Tuna salad with a dressing can be refrigerated up to 3 days. Note: If you do not plan to cook fresh tuna within 2 days after purchase, you should freeze it. For best quality, freeze cooked tuna for up to 3 months. **Frozen** raw fish is best used within 3 - 8 months. Cooked tuna casseroles can be frozen up to 2 months. **Canned** tuna unopened can be stored in a cool cupboard for up to 1 year. Leftover canned tuna in a sealed container in the refrigerator should be used in 4 days.

## Nutrient Profile: Vitamin D

Vitamin D is a nutrient that we eat but also something our bodies can create. Vitamin D is known as the 'sunshine vitamin' because animals and humans can convert the sun's ultraviolet- B rays into Vitamin D3 in our bodies. Vitamin D is a fat-soluble vitamin that we need to help absorb and use other nutrients like calcium and phosphorous. Two nutrients that are important for bone health.



**Food Sources:** Salmon, Tuna, fortified orange juice, fortified dairy and plant milk, sardines, egg yolks, fortified cereals

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