

Tuna Cone-wich

Sample an old favorite a new way!



Level: Easy

Makes: 4

Kids' Tool Kit

Can opener
Knife
Cutting board
Measuring cups
Spoon
Mixing bowl

Chef's Choice

Tuna Cone-wich
Carrot sticks
Applesauce
Low fat milk

Ingredients:

- 1 can (6-ounce) water-pack tuna, drained
- 2 hard-cooked eggs, peeled and finely chopped
- ¼ cup sweet pickle relish
- ½ cup chopped celery
- ⅓ cup low fat mayonnaise-type salad dressing
- 4 small ice-cream cones or Bugles® snacks



Directions:

Remember to wash your hands!

1. Mix first five ingredients in medium bowl.
2. Stuff mixture in small cones for serving, or in Bugles® snacks for tasting.



Helpful Hints: Tuna salad goes well with whole-wheat crackers if cones are not available.



Safety Tips: Be sure foods are age-appropriate to prevent choking.

Nutrition Facts

Serving Size 1 cone (125g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Cholesterol 120mg	40%
Sodium 510mg	21%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 15g	

Vitamin A 6% • Vitamin C 2%
Calcium 2% • Iron 8%

*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
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Lunch Box Surprise* by Grace MacCarone. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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