

## Tuna Cone-wich

Sample an old favorite a new way!

4 servings

### Ingredients:

- 1 can (6-ounce) water-pack tuna, drained
- 2 hard-cooked eggs, peeled and finely chopped
- 1/4 cup sweet pickle relish
- 1/2 cup chopped celery
- 1/3 cup low fat mayonnaise-type salad dressing
- 4 small ice-cream cones or Bugles® snacks

### Directions:

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

*Nutrition Facts: One cone provides 160 calories, 4.5g total fat, 120mg cholesterol, 510mg sodium, 15g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension  
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www.kidsacookin.ksu.edu

### Chef's Choice

Tuna Cone-wich  
Carrot sticks  
Applesauce  
Low fat milk

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