



Tuna and Green Beans on Toast

Ingredients

6 slices whole grain bread, toasted

2 (6½-ounce) cans tuna packed in water

1 (14½ -ounce) can green beans, drained

¼ cup 1% milk

1 (10½-ounce) can condensed cream of mushroom soup

¼ cup grated parmesan cheese

Makes 6 servings

Instructions

1. Toast bread; arrange bread in a 13x9x2 baking pan. Set pan aside.
2. Drain tuna. Put tuna into a mixing bowl, break into large pieces. Add green beans to tuna and toss to combine.
3. In a saucepan on low heat add milk, gently stir in soup. Add tuna and green beans. Heat thoroughly.
4. Pour mixture over toast. Sprinkle each slice with parmesan cheese.
5. Place pan on top shelf in oven; broil 3 to 5 minutes until heated through. Serve hot.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 6

Amount Per Serving

Calories 220 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 960mg **40%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 20g

Vitamin A 6% • Vitamin C 2%

Calcium 10% • Iron 10%

*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

30% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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