Maryland WIC Program

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CONFIDENTIAL FAX

To: Colleen Pierre

From: Barb Metzger

Date: 6/7/11

Re: VENA training

Comments: Here are lesson plan + 10 recipes (I printed them back to back. — salmon on salmon paper, tuna on tan)

Page(s): 12

Using Tuna and Salmon options in BE food packages

With the food packages we're now offering, BE moms get 30 oz canned fish as an extra protein option (to help w/ healing as well as extra calorie and protein needs during nursing). The Health Tips booklet has been updated so My Pyramid Food Groups show increased needs for protein as well as grains and vegetables.

The food pkg gives **30 oz canned fish**, which would give a BE mom an **extra oz of protein daily** over what is needed for WPP or BF some pkgs. While most of our BE moms are pleased to receive this additional food, **how do we explain it** to her? How can we do this using **open-ended questions**?

What are your favorite recipes using tuna, salmon or sardines?

How can you envision adding these items to your diet?

Tell me what you know about cooking with these foods

The following recipes are available to offer if she responds to "can I share some ideas with you that other mothers have enjoyed?" The recipes offer ways to use canned tuna and salmon (has anyone talked w/ a mother who routinely eats sardines)? The state has approved use of these recipes.

We do need to point out, however, to our BE moms, that these recipes show ways to use the canned fish, although not always giving a serving of fish from that recipe. Knowing that many of our BE moms are employed outside the home, we can honestly offer that some of the recipes, such as for salmon loaf, could be made ahead and taken as a lunch option for several days.

Please also note that each recipe includes the nutrition facts label so mom can see the nutrients included in each recipe.

When offering the quesadilla recipe, please note that while it calls for **flour tortillas**, our **soft corn** and **whole wheat** options would work nicely. Another recipe includes using **canned beans**, which our families may enjoy.

Please take a few minutes to look at these recipes. What questions do you have pertaining to the use of these recipes? Please complete the evaluation form and pass it to Barb.

Salmon Loaf

Serving Size: 1/8 of recipe
Yield: 8 servings

Ingredients:

1 can (15 1/2 ounce) salmon
2 cups breadcrumbs, soft
1 large chopped onion
1 Tablespoon melted margarine
1/4 cup diced celery
1 cup milk, 1%
1 Tablespoon lemon juice
1 teaspoon dried parsley
2 large eggs

Nutrition Facts

Serving Size 1/8 of recipe (134g)
Servings Per Container

Amount Per Serving

Calories 160 Calories from Fat 70

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 360mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 14g	

Vitamin A 2% • Vitamin C 4%
Calcium 15% • Iron 6%

*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

Instructions:

1. Preheat oven to 325 degrees.

2. Drain salmon and remove skin if desired. Mash bones with meat.

3. Add the other ingredients.

4. Add enough milk so that the mixture is moist but not runny.

5. Place in a lightly oiled 9x5 inch loaf pan.

6. Bake for 45 minutes.

7. Serve.

Cost:

Per Recipe: $ 4.74
Per Serving: $ 0.59

Source:

Adapted from:
Wellness Ways Resource Book
University of Illinois Extension Service

Author:
Illinois, University of, Extension Service
http://web.aces.uiuc.edu/wellnessways/

Hooked on Salmon Sticks

Serving Size: 1/8 of recipe
Yield: 8 servings

Ingredients:

1 can (14.75 ounces) drained pink salmon
1/2 cup crushed saltine crackers (about 16 crackers)
1 egg
1 Tablespoon vegetable oil
nonstick cooking spray

Nutrition Facts
Serving Size 1/8 of recipe (66g)
Servings Per Container

Amount Per Serving

Calories 120	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 300mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 11g	

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 4%

*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

Instructions:

1. In a large mixing bowl, combine salmon, cracker crumbs and egg.

2. Divide mixture into 8 balls and shaped into sticks about 4 inches long.

3. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.

4. Flip over and cook about 3 minutes or until golden brown.

Notes: Canned pink salmon contains soft bones that are a great source of calcium. Take out any large, hard bones, and then mash the small bones with a fork. You can do this and you will never know the bones are there once the fish is cooked. Pink salmon is "swimming" with omega-3 fatty acids -- a "good" thing for your heart. So it's a good idea to get hooked on salmon.

Rinsing your hands in lemon juice and water will get rid of the fishy smell after preparing fish.

Cost:

Per Recipe: $ 2.57
Per Serving: $ 0.32

Source:

Adapted from:
Kids a Cookin'
Kansas Family Nutrition Program

Author:
Kansas Family Nutrition Program
http://www.kidsacookin.ksu.edu/

Salmon Spread

Serving Size: 1/4 cup
Yield: 7 servings

Ingredients:

1 can (15 1/2 ounce) salmon
1 Tablespoon lemon juice
1 Tablespoon horseradish
8 ounce yogurt, plain fat-free
1 Tablespoon dried dill weed
4 chopped green onions (or 1/4 cup onion, or onion powder to taste)
parsley for garnish

Nutrition Facts
Serving Size 1/4 cup prepared spread, 1/7 of recipe (103g)
Servings Per Container

Amount Per Serving

Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 270mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 17g	
Vitamin A 4% • Vitamin C 6%	
Calcium 6% • Iron 4%	

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		Calories:	2,000	2,500
Total Fat	Less Than		65g	80g
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300 mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

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

Instructions:

1. Drain salmon and flake with a fork into a bowl.

2. Mix in all other ingredients.

3. Serve on bread, crackers, or a rice cake.

4. Sprinkle chopped parsley to garnish.

Cost:

Per Recipe: $ 6.84
Per Serving: $ 0.98

Source:

Adapted from:
Senior Nutrition Awareness Project (SNAP) Newsletters
University of Connecticut Family Nutrition Program

Author:
Connecticut, University of, Family Nutrition Program

Salmon Patties

Serving Size: 1/9 of recipe
Yield: 9 servings

Ingredients:

1 can (15 1/2 ounce) drained salmon
1 cup whole-grain, crushed cereal or crackers
2 large eggs - lightly beaten
1/2 cup 1% milk
1/8 teaspoon black pepper
1 Tablespoon vegetable oil

Nutrition Facts
Serving Size 1/9 of recipe (77g)
Servings Per Container

Amount Per Serving

Calories 110	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 12g	

Vitamin A 2% • Vitamin C 0%
Calcium 15% • Iron 2%

*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	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

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

Instructions:

1. Use a fork or clean fingers to flake salmon until very fine.

2. Crumble cereal or crackers into crumbs.

3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.

4. Mix thoroughly.

5. Shape into 9 patties.

6. Heat oil in a skillet.

7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Note: Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Cost:

Per Recipe: $ 3.41
Per Serving: $ 0.38

Source:

Adapted from:
Eat for Health Toolkit
Missouri Nutrition Network

Author:
Missouri Nutrition Network

Quick'N Cool Summer Salad

Serving Size: 1/8 of recipe
Yield: 8 servings

Ingredients:

14 ounce package elbow macaroni
1 can (16 ounce) drained green beans or other vegetable
1 can (7 ounce) tuna packed in water - drained and flaked
1 cup diced cheese
1/2 cup diced sweet pickles
1/2 cup diced onions
1 cup yogurt, plain
1/2 cup light mayonaise
1 1/2 Tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon seasoned pepper

Nutrition Facts
Serving Size 1/8 of recipe (188g)
Servings Per Container

Amount Per Serving
Calories 380 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 560mg	23%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 18g	

Vitamin A 10% • Vitamin C 8%
Calcium 20% • 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:

		2,000	2,500
Calories			
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Instructions:

1. Prepare elbow macaroni according to package directions and drain.

2. Add vegetables, tuna, onions, cheese, and pickles.

3. Mix yogurt, salad dressing, lemon juice, salt and seasoned pepper.

4. Toss with macaroni mixture.

5. Chill before serving.

6. Refrigerate leftovers promptly.

Cost:

Per Recipe: $ 4.64
Per Serving: $ 0.58

Source:

Adapted from:
Favorite Recipes for Family Meals
Washington State University Extension

Author:
Washington State University Extension

Tuna Apple Salad

Serving Size: 1/2 pita
Yield: 4 servings

Ingredients:

1 can (12 ounces) tuna, packed in water
2 Tablespoons minced red onion
1 cored and chopped apple
1 cup chopped celery
1 cup golden raisins
5 Tablespoons Italian dressing, light
2 cups salad greens
2 pita breads - cut in half

Nutrition Facts
Serving Size 1/2 pita 1/4 of recipe (219g)
Servings Per Container

Amount Per Serving	
Calories 270	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 380mg	16%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 26g	
Vitamin A 20% • Vitamin C 10%	
Calcium 6% • 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

		2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Instructions:

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing.

2. In another bowl, toss together salad greens with remaining dressing.

3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

Cost:

Per Recipe: $ 5.11
Per Serving: $ 1.28

Source:

Adapted from:
Discover the Secret to Healthy Living
California 5-a-Day—For Better Health! Campaign
California Department of Health Services

Author:
California Department of Health Services

Quick Tuna Casserole

Serving Size: 1/6 of recipe
Yield: 6 servings

Ingredients:

4 cups water
5 ounces wide egg noodles
10 ounces low-sodium cream of mushroom soup
1/3 cup skim milk
1 can (6.5 ounces) tuna, packed in water, drained
1 cup frozen green peas
1 cup fresh bread crumbs

Nutrition Facts

Serving Size 1/6 of recipe (356g)
Servings Per Container 6

Amount Per Serving

Calories 240	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 200mg	12%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 15g	

Vitamin A 10% • Vitamin C 8%
Calcium 6% • 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
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

Instructions:

1. Preheat oven to 350 degrees.

2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.

3. Then, cover the pot, remove from heat and let stand for 10 minutes.

4. In the meantime, mix the soup and milk together in a bowl.

5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.

6. Drain the noodles well and combine with the tuna mixture.

7. Sprinkle the top with bread crumbs.

8. Bake for 30 minutes.

Cost:

Per Recipe: $ 3.44
Per Serving: $ 0.57

Source:

Adapted from:
Healthy Cookbook for African American Populations

Author:
Tara Caulder, Soaad Ali, and Laide Bello
(Supervised by Dr. Mira Mehta and Terri Kieckhefer)

Tuna Salad on Greens

Serving Size: 2 cup
Yield: 4 servings

Ingredients:

4 cups chopped romaine lettuce
1 peeled and grated carrot
1 chopped tomato
1/4 chopped red onion
1 Tablespoon olive oil
3 Tablespoons red wine vinegar
1 teaspoon Italian seasoning
fresh cracked black pepper
Tuna Salad:
6 ounces tuna, low sodium, canned in water - drained
1/3 cup mayonnaise, low-fat
1/4 cup chopped celery
1/4 cup chopped green onion
Garnish:
4 whole grain crackers

Nutrition Facts
Serving Size 2 cups 1/4 of recipe (213g)
Servings Per Container

Amount Per Serving	
Calories 200	Calories from Fat 90
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 13g	

Vitamin A 120% • Vitamin C 35%
Calcium 4% • 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

Instructions:

1. Place lettuce, vegetables, oil, vinegar and herbs in a large salad bowl. Toss together.

2. Mix ingredients for tuna salad in another medium sized mixing bowl.

3. Assemble salad by placing greens on a large plate. Top with a scoop of tuna salad.

Cost:

Per Recipe: $ 3.15
Per Serving: $ 0.79

Source:

Adapted from:
Cooking Demo II, p.233
Food and Health Communications, Inc.

Author:
Food and Health Communications, Inc.

Tuna Veggie Antipasto

Serving Size: 1 cup
Yield: 6 servings

Ingredients:

2 cups raw carrots chopped (or any of your favorite raw veggies)
2.5 cups raw celery chopped (or any of your favorite raw veggies)
6-8 ounces light tuna, in water drained and flaked
1 can (15 ounces) white beans (or your favorite beans)
2 Tablespoons grated Parmesan cheese
1/4 cup vinegar (or juice of 2 lemons)
1 Tablespoon vegetable oil
1/2 teaspoon dried dill (or 1 tablespoon fresh dill)
1 teaspoon chopped garlic

Nutrition Facts

Serving Size 1 cup (213g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 15g	

Vitamin A 150% • Vitamin C 6%

Calcium 10% • 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
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

Instructions:

1. Wash and trim vegetables. Chop into bite size pieces. Place in large bowl.

2. Combine vinegar, dill (or other herbs), garlic and oil. Pour over vegetables.

3. Drain and rinse beans. Break up tuna into smaller chunks.

4. Combine vegetables, beans and tuna; toss gently.

5. Marinate salad overnight to combine flavors.

6. Chill and serve as a light summer lunch or as a picnic side dish.

Tip!

- Use salad to fill a pita for a crunchy sandwich.
- Serve on fresh, washed leafy lettuce.
- Add cooked rice or pasta.
- Try balsamic vinegar or ½ cup of your favorite salad dressing.
- Be creative and try different herbs and veggie combinations!

Cost:

Per Recipe: $ 3.74
Per Serving: $ 0.62

Source:

Adapted from:
Farm Fresh Summer Recipes

http://www.foodpc.state.ct.us/cookbook%20x1a-rev1%2012-30-07.pdf

Author:
Connecticut Food Policy Council

Tuna Quesadillas

Serving Size: 1/4 of recipe
Yield: 4 servings

Ingredients:

1 can drained tuna fish, packed in water
1 Tablespoon mayonnaise, light
4 flour tortillas
1/2 cup grated cheddar cheese, lowfat

Nutrition Facts
Serving Size 1 prepared tortilla, 1/4 of recipe (91g)
Servings Per Container

Amount Per Serving

Calories 180	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 330mg	14%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 17g	

Vitamin A 2% • Vitamin C 0%
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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Instructions:

1. Mix tuna with mayonnaise.

Microwave:
1. Spoon filing onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:
1. Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.

2. Cut in half before serving.

Cost:

Per Recipe: $ 1.96
Per Serving: $ 0.49

Source:

Adapted from:
Utah State University Cooperative Extension

Author:
Utah State University Cooperative Extension
http://extension.usu.edu/cooperative/publications/index.cfm?cid=249&groupid=13