

# Tuna Stir-Fry

## Healthy Cooking in the Classroom



### Bits & Tips

Ask an adult to use the kitchen equipment

#### Heat Element Safety:

1. Check to see that the appliance switch is in the off position before you plug it in
2. Keep fingers away from moving blades of a blender, mixer, and food processor
3. Never touch the heating element of an appliance
4. Use microwave safe dishes
5. Be careful of steam when you take off cover or open a bag that contains hot food
6. Always use potholders to move things in and out of the microwave or oven
7. Use a fork, turner, spoon or tongs to lift or flip foods that are hot
8. Double check to be sure all burners are off when finished cooking
9. Place the pan handle towards the center or rear of the stove so someone doesn't accidentally hit the handle and spill the food
10. Don't fill cooking pot over 2/3 full

Get 5-6 servings a day of grains; a serving size is 1 slice bread, 1 cup dry cereal, ½ cup rice or pasta.

Get 3 servings a day of dairy; a serving is 1 cup milk or yogurt, 1.5 ounces of cheese

This recipe cooks **FAST**- in under 10 minutes!

Canned tuna in water is a lean healthy protein

Grains are essential for overall health by providing fiber and essential vitamins and minerals

Try adding vegetables that you like, experiment!

Using brown rice adds a whole grain to the stir fry-making it a great meal

2 Tbsp. of chopped nuts such as almonds or cashews can be added to this recipe too

### Here's What You Need:

- 2 cans (5 oz.) or 2 pouches (2.6 oz.) albacore tuna in water
- ½ medium onion
- 1 tsp. jarred minced garlic
- 2 Tbsp. soy sauce
- Juice of one lemon
- Cooking spray
- 16 oz. bag frozen stir-fry vegetables (oriental)
- 1 tsp. honey
- 2 cups pre-cooked brown rice (microwavable is quickest)

### Here's What You Do:

1. Dice medium sized onion.
2. Spray skillet with cooking spray, heat pan.
3. Place onion, garlic, and vegetables in the pan, stir-fry.
4. Cook brown rice according to package instructions.
5. Add remaining ingredients and stir-fry until all ingredients are heated through (2-3 minutes).

### Our Snack today has:

Approximately 236 calories,  
35g. carbohydrate, 6 g. sugar,  
2 g. total fat, 24 g. protein

**Familywellness**  
A PARTNERSHIP BETWEEN SANFORD HEALTH 

2960 Seter Parkway  
Fargo, ND 58104 / 701-234-2400



[www.familywellnessfargo.com](http://www.familywellnessfargo.com)  
[www.heart.org/simplecooking](http://www.heart.org/simplecooking)

**Nicolle Aukland - Healthy Cooking Instructor**