



CAN TUNA WITH STRING BEANS



Number of servings: 8
Serving Size: 1/2 cup

Ingredients:

- 1 clove garlic
- 1/4 medium onion
- 1 medium tomato
- 12 ounces string beans
- 2 (5-ounce) cans tuna in water
- 1 teaspoon oil
- 1 cup water
- 1 tablespoon lite soy sauce

Directions:

1. MINCE garlic, SLICE onion and tomato.
2. CUT string beans into 2-inch pieces.
3. In a large pan, heat oil on medium heat.
4. ADD garlic, onions, and tomatoes.
5. ADD water and bring to a boil.
6. ADD tuna and soy sauce and COOK for one minute.
7. ADD string beans and SIMMER on low for 5 minutes.

Nutrition Facts

Serving Size 1/2 cup (151g)
 Servings Per Container 8

Amount Per Serving

Calories 75 Calories from Fat 9

% Daily Value*

Total Fat 1g	1 %
Saturated Fat 0g	1 %
<i>Trans</i> Fat 0g	0 %
Cholesterol 10mg	4 %
Sodium 200mg	8 %
Total Carbohydrate 6g	2 %
Dietary Fiber 2g	7 %
Sugars 3g	

Protein 10g

Vitamin A 4% ■ Vitamin C 8%
 Calcium 4% ■ 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

* Recipe contributed by the College of Micronesia – Chuuk Cooperative Extension Services