

Tuna Mac

Ingredients

1 box macaroni & cheese,
prepared as directed
1 can tuna, drained
1 cup frozen or canned peas
1 tablespoon fresh dill

Instructions

1. Over medium heat add tuna and peas to prepared macaroni & cheese. Stir until combined and heated through.
2. Top with dill and serve!

*You can turn this recipe into a casserole by topping with breadcrumbs and baking at 350 degrees for 20 minutes (until golden).



Find us on 
<https://cutt.ly/NgRKBMZ>

Material was funded by USDA'S Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the DSHS Community office at 877 501 2233; or go to <http://foodhelp.wa.gov>. USDA and WSU are equal opportunity providers and employers.



SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION

Tuna Mac

Ingredients

1 box macaroni & cheese,
prepared as directed
1 can tuna, drained
1 cup frozen or canned peas
1 tablespoon fresh dill

Instructions

1. Over medium heat add tuna and peas to prepared macaroni & cheese. Stir until combined and heated through.
2. Top with dill and serve!

*You can turn this recipe into a casserole by topping with breadcrumbs and baking at 350 degrees for 20 minutes (until golden).



Find us on 
<https://cutt.ly/NgRKBMZ>

Material was funded by USDA'S Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the DSHS Community office at 877 501 2233; or go to <http://foodhelp.wa.gov>. USDA and WSU are equal opportunity providers and employers.



SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION