

# Cheesy Tuna Skillet Dinner

This Cheesy Tuna Skillet dinner kit is a fun twist on a classic that kids are sure to love! Tuna is a good source of lean protein and omega-3 fatty acids. This dish is also high in calcium to help build and maintain strong bones.



## Stir-in suggestions:

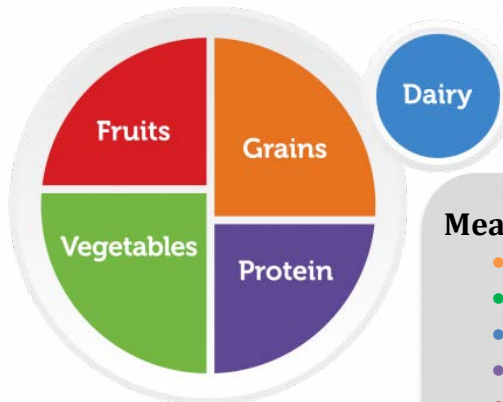
- 1 can peas, drained\*
- 1 can spinach\*
- 1 cup broccoli pieces
- 1 chopped green pepper, sautéed
- ½ onion, minced
- Seasoning to taste

## Topping Suggestions:

- ½ cup shredded Jack cheese
- ¼ cup grated Parmesan cheese

**Potential Allergens:** wheat, dairy, fish

*\*Included in meal kit*



## Meal Kit Contents:

- 1 box tuna cheesy meal
- 1 can peas, drained
- 2 cups milk
- 2 cans tuna
- 1 can pears or fruit
- 1 can spinach

## Directions:

1. Combine in a 10-inch skillet: 2 cups milk, 1 cup hot water, 3 tablespoons butter or margarine, 1-2 cans tuna (drained), sauce mix, uncooked pasta, and (if using) peas (drained), spinach (drained), and/or any other add-ins.
2. Heat to boiling, stirring occasionally
3. Reduce heat, cover and simmer for about 10 minutes, stirring occasionally, until pasta is tender
4. Uncover, remove from heat and let stand for 5 minutes. Sauce will thicken as it stands. Stir before serving.

## Cooking Equipment Needed:

- Medium or large skillet, saucepan, or pot with lid
- Mixing spoon
- Measuring cups
- Can opener

## Nutritious Modifications:

Add Vegetables Try mixing in veggies such as onions, peppers, spinach, peas, broccoli, mushrooms, tomatoes, and/or shredded carrots

Stretch the Meal Add-ins can boost flavor, pump up nutrition, and create extra servings. In addition to extra veggies, try adding nutritious beans, flavorful olives, savory garlic, and/or herbs!

Serving suggestions Serve with a side salad and add fruit to complete your balanced plate.

For more information, please call the Nutrition Department at 443-923-2730 or visit [KennedyKrieger.org/departments-medical-specialties/nutrition-department](http://KennedyKrieger.org/departments-medical-specialties/nutrition-department)

