

Tuna Fish Tacos

Canned tuna is an excellent budget friendly protein source. What could be easier than these Tuna Fish Tacos? This recipe uses only 5 ingredients and can be pulled together in less than 5 minutes.

Makes: 8 Servings

Source: SNAP4CT.org

Photo Source: SNAP4CT.org



Small Changes,
BIG Difference!

Ingredients

- 1 can (15 oz) tuna, packed in water, drained and flaked
- 8 whole wheat tortillas
- 1 cup green or red cabbage, finely shredded
- ¾ cup Monterey Jack cheese, shredded
- 1½ cup of your favorite salsa

Directions

1. Fill tortillas with flaked tuna and top with the shredded cabbage, cheese and salsa of your choice.

Utensils Needed

- Measuring cups and spoons
- Fork
- Serving plates



Nutrition Information

Serving Size: 2 tacos with salsa

Nutrients	Amount
Calories:	470
Total Fat:	13 g
Saturated Fat:	6 g
Sodium:	900 mg
Total Carbohydrates:	50 g
Dietary Fiber:	3 g
Protein	37 g

My Cooking Notes

