TUNA SALAD IN A TOMATO

MEAL COMPONENT CONTRIBUTION:
2 oz. eq. meat/meat alternate, ½ cup red/orange vegetable, 1/8 cup of other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 tomato with ½ cup of tuna salad

RECIPE HACCP PROCESS: #1 - No cook

MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tomatoes, Whole, Red, Ripe, Raw, #4110	50 medium, whole
Eggs, Whole, Hard Cooked, Medium, #1323	8 eggs
Tuna, Chunk Light, #2518	3 packets
Celery, Fresh, Diced, #4005	1 quart + 3 1/2 cups
Onions, Chopped, Dehydrated, #2738	1/3 cup + 2 teaspoons
Pickles, Relish, Sweet, #2816	8 3/4 ounces
Mustard, Powder, Dry, #2712	2 teaspoons
Mayonnaise, Reduced Calorie, Bulk, #2249	1 quart + 1 cup
Lettuce, Shredded, #4008	2 pounds

DIRECTIONS

1. Rinse the tomatoes under cool running water, then drain them.
   Wedge the tomatoes into 8 sections. Do not cut the tomato more than ¾ of the way deep.
2. If the lettuce greens are not prewashed, separate the leaves, then rinse them well under cool, running water. Drain the leaves thoroughly.
   CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
3. To make Tuna Salad:
   - Chop cooked the hard-cooked eggs.
   - Drain and flake the tuna in a large mixing bowl.
   - Combine the tuna, celery, onions, pickle relish, dry mustard, mayonnaise, and diced eggs.
   - Mix lightly the ingredients until they are well blended.
   - Cover and place the tuna salad in the refrigerator until ready to use.
   - See recipe MRS 630 for detailed instructions and pictures on how to make Chicken Salad.

   CCP: Hold under refrigeration (41 degrees F or lower) until ready for assembly.
4. To assemble the salads:
   - Portion ¼ cup of shredded lettuce on the bottom of the container.
   - Place a wedged tomato on the top of the lettuce
   - Portion ½ cup (#8 scoop) of the chicken salad in each wedged tomato.
   - Close the container and refrigerate until ready for service.

   CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
5. Portion one tomato stuffed with ½ cup tuna salad per serving. Each portion provides 2 oz. eq. meat/meat alternate, ½ cup red/orange vegetable and 1/8 cup other vegetable.
   CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

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PRODUCTION NOTES

Use USDA Foods products when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for salads.

MISCELLANEOUS NOTES

Presentation Idea: Use a container to allow space for the salad and tomato. A clear plastic lid for eye appeal is preferable.

NUTRIENTS PER SERVING

Calories	196	Dietary Fiber	1.91 g	Sodium	546.00 mg	Sat. Fat	1.09 g
Carbohydrates	8.92 g	Protein	17.89 g	Total Fat	9.69 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF TUNA SALAD IN A TOMATO

1.

1 serving of Tuna Salad in a Tomato shown with optional lettuce leaf liner used as a garnish..