TUNA: O-FISH-ALLY YUMMY!
BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

TUNA BROCCOLI BAKE

INGREDIENTS:

- 1 LARGE BUNCH BROCCOLI, CUT INTO BITE-SIZED PIECES
- 1 CAN CONDENSED MUSHROOM SOUP (248ML)
- ½ CUP MILK (FLUID OR FROM SKIM MILK POWDER)
- 1 CAN LIGHT TUNA, DRAINED, FLAKED (170G)
- 1 CUP GRATED CHEESE

SERVING IDEA: PLATE ON TOP OF RICE, PASTA, OR TOAST!

HERE`S HOW TO MAKE IT:

1. TURN ON STOVE TO HIGH HEAT. HALF FILL A MEDIUM POT WITH WATER AND HEAT TO BOILING. ADD BROCCOLI AND COOK UNTIL CRISPTENDER, ABOUT 3 TO 5 MINUTES. DRAIN.
2. TURN ON OVEN TO 350 F (180 C)
3. LIGHTLY GREASE AN 8X8X2-INCH (2L) CASSEROLE DISH. ARRANGE THE BROCCOLI ON THE BOTTOM OF THE DISH.
4. MIX SOUP, MILK, TUNA, AND ½ CUP (125 ML) OF THE CHEESE IN A MEDIUM BOWL. SPOON OVER BROCCOLI.
5. SPRINKLE REMAINING ½ CUP (125ML) CHEESE OVER TOP. COVER.
6. BAKE CASSEROLE UNTIL HOT AND BUBBLY, ABOUT 20 TO 30 MINUTES.

SERVES 4



CONTEST ALERT!!

WE WANT TO HEAR FROM YOU!
HOW DO YOU SAVE MONEY ON GROCERIES?



SHARE YOUR MONEY SAVING TIPS TO BE ENTERED TO WIN A DRAW FOR ONE OF FOUR PRIZE PACKS, VALUED AT $30 EACH, CONTAINING PANTRY BASICS (DRIED AND CANNED GOODS) FEATURED IN THE BASIC SHELF COOKBOOK PLUS YOUR OWN COPY OF THE COOKBOOK! FOR FULL CONTEST DETAILS AND TO ENTER GO TO HTTPS://BIT.LY/4YKEFZQ OR SCAN QR CODE

BRAG A LITTLE. INSPIRE A LOT! AND HELP OTHERS SAVE SOME DOUGH!

SCAN ME TO ENTER

ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE (HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)

IN CRUST, WE TRUST!

CAVING A TUNA CLASSIC? TRY THIS TUNA MELT RECIPE!

INGREDIENTS:

- TWO 5 OZ. CANS OF TUNA IN WATER (DRAINED)
- 2 CELERY STALKS (FINELY DICED, 1 CUP)
- ½ SMALL RED ONION (FINELY DICED, ½ CUP)
- 2 DILL PICKLE SPEARS (SMALL DICE, ½ CUP)
- ⅓ CUP MAYONNAISE
- SALT AND PEPPER TO TASTE
- 8 SLICES CHEDDAR CHEESE
- 8 SLICES BREAD
- 4 TBSP BUTTER

INSTRUCTIONS:

1. GATHER AND PREPARE ALL INGREDIENTS.
2. IN A MEDIUM BOWL, FOLD TOGETHER THE DRAINED TUNA, DICED CELERY, RED ONION, PICKLES, MAYONNAISE, SALT, AND PEPPER UNTIL COMBINED.
3. TO ASSEMBLE THE TUNA MELTS, LAY OUT THE BREAD AND TOP EACH PIECE WITH A SLICE OF CHEDDAR CHEESE. DIVIDE THE TUNA BETWEEN FOUR SLICES OF BREAD, THEN CLOSE WITH THE REMAINING 4 SLICES TO FORM THE SANDWICHES.
4. TO COOK THE TUNA MELTS, MELT 1 TBSP BUTTER IN A MEDIUM SKILLET OVER MEDIUM HEAT. TOAST TWO SANDWICHES FOR 3-4 MINUTES, UNTIL GOLDEN BROWN. THEN ADD ANOTHER TABLESPOON OF BUTTER, CAREFULLY FLIP, AND COOK FOR 3 MORE MINUTES. REPEAT WITH THE REMAINING SANDWICHES AND BUTTER.

For this recipe and more visit Budget Bytes Website
https://www.budgetbytes.com/tuna-melt/

TUNA: OUR FAVOURITE CATCH!

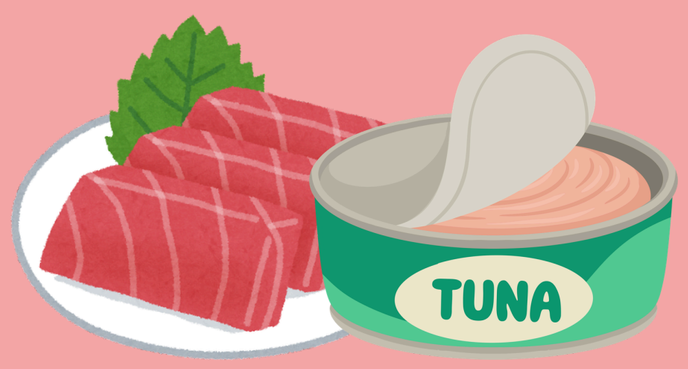
COMMON TYPES OF TUNA:

- FRESH TUNA IS INCREDIBLY VERSATILE, MAKING IT THE PERFECT PROTEIN FOR QUICK PAN-SEARING, SUSHI OR SASHIMI, AND FRESH SALADS

- SOLID CANNED: THE TUNA IS PACKED IN LARGE, INTACT FILLETS OR CHUNKS. IT HAS A FIRM, MEATY TEXTURE THAT HOLDS UP WELL IN PASTA DISHES OR SALADS.

- CHUNK CANNED: THE FISH IS BROKEN INTO SMALLER, FLAKY PIECES BEFORE CANNING. THIS IS THE IDEAL OPTION FOR CLASSIC TUNA MELTS OR TRADITIONAL TUNA SANDWICHES.

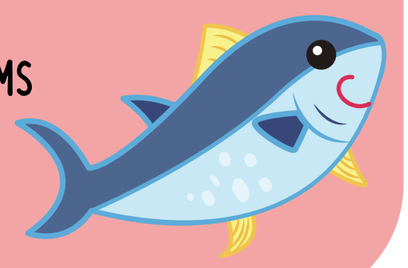
HTTPS://WWW.BUMBLEBEE.COM/SEAFOOD-SCHOOL/TUNA-101/THE-DIFFERENCE-BETWEEN-VARIOUS-TYPES-OF-CANNED-TUNA/



SEA-RIOUSLY FUNNY



- WHY DID THE TUNA GET PROMOTED?
  - IT WAS THE REEL DEAL
- WHY DO TUNA AVOID THE INTERNET?
  - TOO MANY PHISHING SCAMS
- WHAT'S A TUNA'S FAVORITE DESSERT?
  - JELLYFISH



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