



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Tuna and Green Beans on Toast

Ingredients:

- 6 slices whole grain bread, toasted
- 2 (6½-ounce) cans tuna packed in water
- 1 (14½ -ounce) can green beans, drained
- ¼ cup 1% milk
- 1 (10½-ounce) can condensed cream of mushroom soup
- ¼ cup grated parmesan cheese

Makes 6 servings - 30% calories from fat

Instructions:

1. Toast bread; arrange bread in a 13x9x2 baking pan. Set pan aside.
2. Drain tuna. Put tuna into a mixing bowl, break into large pieces. Add green beans to tuna and toss to combine.
3. In a saucepan on low heat add milk, gently stir in soup. Add tuna and green beans. Heat thoroughly.
4. Pour mixture over toast. Sprinkle each slice with parmesan cheese.
5. Place pan on top shelf in oven; broil 3 to 5 minutes until heated through. Serve hot.

Nutrition Facts	
Serving Size 1 slice	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 960mg	40%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 20g	
Vitamin A 6%	Vitamin C 2%
Calcium 10%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

