

DRESSINGS

Tuna Salad Caesar



BAY VALLEY
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Tuna Salad Caesar

Yield: About 2 quarts

INGREDIENTS:

AMTS:

PROCEDURE:

NUTRITION (Per 3/4 cup serving)

Rod's® Caesar Dressing

2 cups (16 oz.)

Combine dressing, tuna, onions, and celery in large bowl; mix well.

Canned tuna, drained

1 can, 66.5 oz.

Cover and refrigerate until well chilled.

Green onions, finely chopped

3/4 cup

Celery, finely chopped

1/2 cup

390 calories

35 g protein

2 g carbohydrate

0 g fiber

25 g fat

5 g saturated fat

60 mg cholesterol

1030 mg sodium

CHEF'S TIPS:

- For salad, scoop tuna mixture onto bed of mixed greens. Drizzle with additional Caesar Dressing. Garnish with tomato wedges, pitted black olives, and hard-cooked egg wedges.
- For open-faced tuna melt sandwich, spread tops of two English muffin halves each with 2 ounces tuna salad. Sprinkle each with 1/2 ounce Parmesan cheese. Broil until cheese is melted and sandwich is hot.



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