

Sneaky Chef Quick Fix for Tuna Sandwiches



Any or all of the ingredients listed below hide beautifully in a 6-ounce can of chunk light* or chunk white tuna, packed in water and drained. As with all Sneaky Chef recipes, you can gradually increase the amount of the nutritious sneaky ingredient over time. You can also combine any or all of the following Quick Fixes.

Canned skinless and boneless sardines in water: Sardines have almost no mercury and lots of IQ-boosting omega-3 oils. Mixing them in with the tuna fish your kids already love gives them an instant nutritional boost. Start by mixing in 2 ounces of sardines per 6 ounces of tuna, and over time, gradually increase the amount of sardines until there are equal parts sardines and tuna (or even more sardines, eventually - this is possible!). Continue to stir in mayonnaise or whatever you normally add to your child's tuna fish.

White Bean Puree (see Make-Ahead Recipe): Combine 1 to 2 tablespoons of White Bean Puree with every 1 tablespoon of mayonnaise for tuna salad.

Wheat Germ: Start by mixing in 1 tablespoon of wheat germ per 6-ounce can of tuna, along with mayonnaise (and White Bean Puree if desired), and, over time, gradually increase to 2 tablespoons of wheat germ.