

# Pantry Recipes

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

## Creamy Tuna Salad

### Ingredients:

- Two 5oz cans of tuna in water, drained and rinsed
- ½ cup mayo
- ¼ cup chopped celery
- ¼ cup chopped onion
- ½ teaspoon lemon juice
- ¼ teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper



### Directions:

Combine tuna, mayo, celery, onion, lemon juice, garlic powder salt and pepper in a large bowl, mix well. Refrigerate until chilled.

### Tip:

Draining the liquid from canned tuna helps remove excess sodium, which is beneficial for salt-conscious eaters. It also saves your sandwich from sogginess!



**Executive Chef Kerri Clear**  
St. Michaels Community Center

### Nutrition Facts

† Serving			
Serving Size - 1/2 cup (4oz)			
Amount per serving			
<b>Calories</b>			<b>259</b>
			% Daily Value (DV)*
<b>Total Fat</b>	21g		33%
Saturated Fat	3g		17%
<b>Cholesterol</b>	37mg		12%
<b>Sodium</b>	412mg		17%
<b>Total Carbohydrate</b>	2g		1%
Dietary Fiber	0g		0%
Total Sugars	0g		0%
<b>Protein</b>	14g		28%
Potassium	176mg		5%
Calcium			2%
Iron			7%
Vitamin A			2%
Vitamin C			2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of foods contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

### Community Cafe and Pantry Hours:

Mondays, 4-6 p.m., Wednesdays and Fridays 1-3 p.m.

**St. Michaels Community Center | 410-745-6073 | [www.stmichaelscc.org](http://www.stmichaelscc.org)**