



Love the taste every time.

Flavoured White Tuna Recipes

CHIPOTLE TUNA CORN CHOWDER

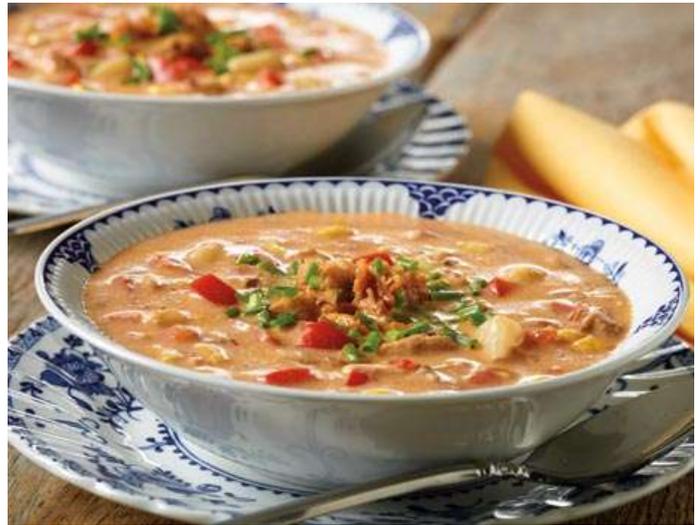
Ingredients

- 1 can (142g) [Clover Leaf Flavoured White Tuna-CHIPOTLE](#)
- 1 green or red bell peppers, small dice
- ½ cup frozen corn
- 1 can (284mL) cream of potato soup
- 1 tbsp chopped chives, for garnish

Preparation

1. Separate the olive oil from the Clover Leaf tuna. Set aside. Reserve 1 tbsp of tuna for garnish.
2. In a small pot, sauté the bell peppers and corn with the olive oil for 2 minutes. Add the tuna, potato soup, and a soup can of water. Stir and simmer for 3 minutes.
3. Add the chopped chives and serve immediately, after adding the garnish.

Tip: This recipe could serve 3.



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 410; Fat: 24g; Sodium: 1010mg; Fibre: 5g; Carbohydrate: 30g; Protein: 17g.

CHIPOTLE TUNA FRITATTA

Ingredients

- 3 eggs
- ¼ cup milk
- 2 cans (142g ea.) [Clover Leaf Flavoured White Tuna-CHIPOTLE](#), drained and reserved
- ¾ cup mozzarella cheese, shredded
- 1 cup red bell peppers, small diced

Preparation

1. In a large bowl whisk together the eggs with the milk. Stir in the drained Clover Leaf tuna, shredded cheese and diced peppers.
2. Pour into a lightly greased 10" casserole dish, cover and microwave on high for 4 minutes, stirring half way to ensure it sets.
3. Cut into wedges and serve immediately.

Tip: Serve with mixed greens lightly drizzled with 1 tbsp of olive oil & a splash of lemon juice (optional).

Try a tex mex cheese blend for more 'zing'.



SERVES 6-8 slices

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per 7 slices serving: Calories: 160; Fat: 10g; Sodium: 250mg; Fibre: 0g; Carbohydrate: 3g; Protein: 14g.

Flavoured White Tuna Recipes

CHIPOTLE TUNA TAPAS

Ingredients

- 1 can (142g) [Clover Leaf Flavoured White Tuna-CHIPOTLE](#)
- ½ cup sundried tomatoes, chopped
- 1 garlic clove, finely chopped
- ½ cup Kalamata olives, pitted & chopped
- 3 tbsp ground almonds

Preparation

1. Drain olive oil from can of tuna. Set aside.
2. In a food processor combine the sundried tomatoes, garlic, kalamata olives, ground almonds and half of the olive oil. Process for 30-45 seconds. Add the tuna and process for 10 seconds.
3. Serve as desired.

Tip: Best served on toasted crostinis and pita squares; even flatbreads as well (optional). Lightly brush 12 - 14 baguette slices with the remaining drained olive oil and lightly toast on both sides under a broiler (optional). For a lighter option, serve with crudité (optional). Garnish with flat leaf parsley (optional).



SERVES 12-14 Crostinis

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per 12 servings: Calories: 70; Fat: 6g; Sodium: 250mg; Fibre: 1g; Carbohydrate: 3g; Protein: 3g.

CUBAN REUBEN

Ingredients

- 1 can (142g) [Clover Leaf Flavoured White Tuna-CHIPOTLE](#)
- 1 whole grain hoagie bun or roll (fresh; 8-10" long)
- 2 slices Serrano or Proscuitto ham
- 1 dill pickle, sliced thinly
- 2 slices (22g ea.) Swiss cheese

Preparation

1. Separate ½ of the olive oil from the Clover Leaf tuna and set aside. Slice the bun in half and brush both inside halves of the bun liberally with the olive oil.
2. Place the ham on one side of the hoagie bun followed by the tuna. Fan out the pickle slices and the Swiss cheese over top.
3. Press the top half of bun together with the layered half and toast each side in a sauté pan for 1.5 minutes. Cut sandwich in half and serve.

Tip: Some or all of the remaining olive oil can be used to lightly brush the outside of the bun before toasting in the pan. Discard the rest. For a reduced sodium option (660mg-28%DV/serving), hold the ham. Goes well with mustard and coleslaw on the side (optional). Serve with a tossed green salad or soup on the side (optional).



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 510; Fat: 32g; Sodium: 1410mg; Fibre: 4g; Carbohydrate: 26g; Protein: 31g.

Flavoured White Tuna Recipes

PIQUANT POTATOES & TUNA

Ingredients

- 1 can (142g) [Clover Leaf Flavoured White Tuna-CHIPOTLE](#)
- 1 can (540mL) potatoes, rinse and rough chop
- 1-2 tbsp garlic, minced
- ¼ cup hot sauce
- 1 tbsp red wine vinegar

Preparation

1. Separate the olive oil from the Clover Leaf tuna and set aside.
 2. In a sauté pan or skillet, heat the oil over high heat. Add the potatoes and toss together with the olive oil for 2-3 minutes. Add the tuna, garlic, hot sauce and vinegar; stir for an additional 1.5 minutes.
 3. Serve immediately.
- Tip: Garnish with a dusting of paprika & parsley (optional).



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 400; Fat: 22g; Sodium: 740mg; Fibre: 5g; Carbohydrate: 32g; Protein: 16g.

JALAPENO TUNA & MUSHROOM CROSTINI

Ingredients

- 1 can (142g) Clover Leaf [Flavoured White Tuna-JALAPEÑO](#)
- 8-10 crostini
- 2 cups mushroom medley (oyster, portobello & shitake), small chop
- 1 clove garlic, minced
- ¼ cup soft, unripened goat's milk cheese

Preparation

1. Separate the olive oil from the Clover Leaf tuna. Set tuna aside.
 2. Lightly brush 8-10 bread rounds or crostinis with half the olive oil. Lightly toast both sides under a broiler.
 3. In a sauté pan, heat remaining olive oil over high heat and add the mushrooms and garlic. Sear the mushrooms for approx. 3-4 minutes.
 4. Add the tuna and goat cheese, stirring to incorporate.
 5. Serve spoonfuls of the tuna and mushroom mixture over the toasted crostinis.
- Finishing tip: Drizzle with reduced balsamic vinegar (optional). Garnish with Arugula (optional).



SERVES 8-10 crostinis PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 90; Fat: 6g; Sodium: 135mg; Fibre: 1g; Carbohydrate: 6g; Protein: 5g.



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Flavoured White Tuna Recipes

JALAPENO TUNA CHEESESTEAK

Ingredients

- 1 whole wheat hoagie bun or roll (fresh, 8-10" long)
- 1 can (142g) [Clover Leaf Flavoured White Tuna-JALAPEÑO](#)
- ½ onion, sliced thinly
- 1 cup green or red bell peppers, sliced thinly
- 2 slices (25g ea.) Provolone cheese, sliced

Preparation

1. Brush the hoagie bun with the olive oil from the Clover Leaf tuna can and lightly toast the bun under a broiler.
2. Use the remaining oil to sauté the onions and pepper over high heat for 3 minutes. Add the tuna to the pepper mixture and stir together. Continue to sauté for two minutes. Place the cheese over top of the mixture.
3. Carefully place the tuna mixture with melting cheese over the toasted bun and cap with the other half of the bun.
4. Cut sandwich in half, wrap in paper and serve immediately.

Tip: Serve with dill pickle (optional). Serve with a tossed green salad or soup on the side (optional).



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 480; Fat: 31g; Sodium: 750mg; Fibre: 5g; Carbohydrate: 28g; Protein: 24g.

JALAPENO TUNA ENCHILADA

Ingredients

- 1 can (142g) [Clover Leaf Flavoured White Tuna-JALAPEÑO](#)
- 1 cup grated mozzarella cheese
- ½ cup prepared salsa (mild)
- 2 soft corn tortillas
- 2 tbsp sour cream

Preparation

1. Combine the Clover Leaf tuna (including the olive oil) with ½ of the cheese with ½ of the salsa in a saucepan over high heat for 3 minutes.
2. Spoon the mixture evenly over the tortillas and roll up to enclose the filling. Place the rolls side by side in a baking dish.
3. Top the tortillas with the remaining salsa and cover with the remaining cheese. Place under a broiler for 2 minutes.
4. Serve immediately with a dollop of sour cream.

Tips: Garnish with cilantro and serve with refried beans & rice (optional). This recipe works well with whole wheat tortillas, in place of corn tortillas.



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 490; Fat: 36g; Sodium: 930mg; Fibre: 2g; Carbohydrate: 20g; Protein: 30g.

Flavoured White Tuna Recipes

MIDDLE EASTERN TUNA TOASTED PITA

Ingredients

- 1 can (142g) [Clover Leaf Flavoured White Tuna-JALAPEÑO](#)
- 1 cup hummus
- 2 whole wheat pita bread (8"-9")
- 1 tbsp lemon juice
- 2 tbsp chopped parsley

Preparation

1. Drain the olive oil from the Clover Leaf tuna and reserve.
 2. Spread the hummus over top of the pita and crumble the tuna over it.
 3. Place into a 400F oven until lightly toasted.
 4. Quickly blend the drained olive oil, lemon juice & fresh parsley together. Drizzle the vinaigrette over the toasted pita topping.
 5. Cut into four quarters and serve immediately.
- Tip: Reserve ½ tsp of parsley for garnish (optional).



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 500; Fat: 33g; Sodium: 890mg; Fibre: 9g; Carbohydrate: 32g; Protein: 24g.

SUNDRIED TOMATO TUNA AND CROUTON SALAD

Ingredients

- 1 can (142g) [Clover Leaf Flavoured White Tuna-SUNDRIED TOMATO](#)
- 2 tbsp balsamic vinegar
- 1 cup low salted croutons
- 2 cups baby arugula
- 3 tbsp pine nuts

Preparation

1. Separate the oil from the Clover Leaf tuna and whisk the oil together with the balsamic vinegar to form a light vinaigrette. Set aside.
2. In a medium sized bowl, mix together the Clover Leaf tuna, croutons, arugula, and pine nuts. When ready to serve, toss tuna mixture together with the vinaigrette until all ingredients are evenly coated.
3. Serve immediately.

Tip: Serve with grated Parmesan cheese (optional). To bump up the flavour, add ½ tsp of roasted garlic in step #2 above. If you prefer, pine nuts can be toasted for an enhanced flavour.



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 390; Fat: 31g; Sodium: 380mg; Fibre: 1g; Carbohydrate: 13g; Protein: 16g.

Flavoured White Tuna Recipes

MEDITERRANEAN TUNA SALAD

Ingredients

1 can (142g) [Clover Leaf Flavoured White Tuna-SUNDRIED TOMATO](#)

4 slices (14g ea.) firm Feta cheese (size/sliced 2"x1"x0.5")

1 medium cucumber, seeded & chopped on an angle

1 cup sundried olives, pitted

4 lemon wedges

Preparation

1. Separate the Clover Leaf tuna from the oil and set aside.
2. Heat a non-stick pan over high heat. Pat the feta cheese dry with an absorbent towel, brush with 1 tsp of the reserved oil and place in the pan. Cook one minute each side or until golden.
3. Gently toss together the flaked tuna with the cucumbers and olives. Place evenly on two plates. Top with the seared feta slices and serve with lemon wedges.

Tip: Try artichoke or sundried tomatoes instead of sundried olives. We've used Canadian Feta Cheese (24% M.F. cow's milk) in this recipe. If you prefer, crumble the feta cheese in with the tossed salad.



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 370; Fat: 27g; Sodium: 1130mg; Fibre: 3g; Carbohydrate: 8g; Protein: 19g.

SUNDRIED TOMATO TUNA & ARTICHOKE SPREAD

Ingredients

1 can (142g) [Clover Leaf Flavoured White Tuna-SUNDRIED TOMATO](#)

1 cup marinated artichoke hearts (jarred), drained

½ cup grated Asiago cheese

1 tbsp hot sauce

½ cup canned white navy beans, drained & rinsed

Preparation

1. In a food processor combine the Clover Leaf tuna, including the olive oil, and remaining ingredients. Process until thoroughly mixed together.
2. Serve as a spread with crackers, flatbreads or crostini.

Tip: Garnish with fresh oregano or parsley (optional).



SERVES 4-6

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 190; Fat: 14g; Sodium: 420mg; Fibre: 3g; Carbohydrate: 8g; Protein: 10g.



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Flavoured White Tuna Recipes

SUNDRIED TOMATO TUNA CHEESE TORTELLINI

Ingredients

1 can (142g) [Clover Leaf Flavoured White Tuna-SUNDRIED TOMATO](#)

1 package (350g) fresh cheese tortellini pasta

½ cup pesto sauce

1 cup grape tomatoes, halved

2 tbsp balsamic vinegar

Preparation

1. Bring to a boil a pot of salted water. Add the tortellini and let simmer for 3 minutes.
2. In a large bowl, toss together the Clover Leaf tuna with the pesto sauce and grape tomatoes.
3. Drain the pasta and drizzle with the balsamic vinegar and toss together with the tuna mixture.
4. Serve immediately.

Tip: Garnish with fresh basil leaves (optional).



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 850; Fat: 36g; Sodium: 860mg; Fibre: 5g; Carbohydrate: 94g; Protein: 38g.

SUNDRIED TOMATO TUNA RICE PAPER ROLL

Ingredients

1 can (142g) [Clover Leaf Flavoured White Tuna-SUNDRIED TOMATO](#)

1 cup shredded romaine lettuce

8 fresh mint leaves, finely chopped

1 (or 1 cup) medium sized carrot, shredded

4 rice papers (approx. 8" / 22 cm)

Preparation

1. In a large bowl, toss together the Clover Leaf tuna, including the olive oil, with the romaine lettuce, fresh mint and shredded carrot. Set aside.
2. Lay out a clean tea towel on a flat working surface.

Soak one rice paper wrap in a shallow dish of hot water for 15 seconds or until pliable. Pull rice paper wrap out of the water and place on the towel to drain. Blot lightly with a second clean towel to remove excess moisture. Place ¼ of the tuna mixture along the centre of the rice paper. Fold the bottom of the wrap up over the filling. Fold the sides in to enclose the filling. Then roll tightly from filling side to the other end to form a roll. Slice at a slight angle across the middle and serve.

Tip: Garnish with mint leaves. Serve with lime wedges, wasabi-mayo (mix ¼ cup mayo with ½ tsp wasabi), hot sauce or Hoisin sauce (optional).



SERVES 2

PREPARATION TIME: 5 MINUTES

TIME TO TABLE: 5 MINUTES

Nutritional information per serving: Calories: 340; Fat: 22g; Sodium: 340mg; Fibre: 2g; Carbohydrate: 21g; Protein: 16g.

Flavoured White Tuna Recipes

JALAPENO TUNA RICE SLIDERS

Ingredients

- 1 can (142g) [CLOVER LEAF Flavoured White Tuna-JALAPEÑO](#)
- 1 cup prepared instant rice
- 1 egg
- ¾ cup Panko flakes or crumbs
- 3 tbsp medium salsa
- ¼ cup diced red pepper
- 1 tbsp finely chopped fresh chives
- 2 tbsp sour cream
- 1 tbsp lime juice
- 3 tbsp olive oil (for frying)
- 2 slider buns
- 1 lettuce leaf



Preparation

1. In a large bowl, combine the Clover Leaf tuna, including the olive oil, with the cooked rice. Add in the egg, panko flakes, salsa, pepper and chives. Mix thoroughly.
2. Portion 8 little balls (about a ¼ cup each) and then flattened gently with your hands to form the sliders. Chill for at least 30 minutes.
3. Mix together the sour cream with the lime juice. Set aside. In a sauté pan, gently brown the tuna rice sliders in olive oil for approximately 2 minutes per side or until golden brown.
4. Serve on slider buns over a piece of lettuce and drizzle lime-sour cream dressing over top of the slider. Alternative serve sliders as finger food with additional sprigs of chives for garnish and the dressing on the side.

Tip:

Chicken flavoured instant rice can be substituted for the prepared instant rice, for added appetite appeal. You can use a tablespoon to portion the 8 little balls.

SERVES 4

PREPARATION TIME: 6 MINUTES

CHILL TIME: 30 MINUTES

COOK TIME: 4 MINUTES

TIME TO TABLE: 40 MINUTES

Nutritional information per serving: Calories: 370; Fat: 23g; Sodium: 310mg; Fibre: 2g; Carbohydrate: 29g; Protein: 12g.