

Cheesy tuna bites

Recipe developed by WASCA

Traffic light category: **Green**

Serves: 9 (60g each)

Ingredients

- 185g can tuna in springwater, drained
- 125g corn kernels, drained
- 3 tablespoons reduced fat mayonnaise
- 1 tablespoon light sour cream
- 1/2 cup reduced fat cheddar cheese, grated
- 1 tablespoon parmesan cheese, grated
- 1 tablespoon fresh parsley, finely chopped (or 1 teaspoon dried)
- 2 medium spring onions, finely chopped
- 2 medium eggs, lightly whisked
- 2 tablespoons parsley, finely chopped
- Pepper to taste

Method

1. Preheat oven to 180°C
2. Place all ingredients in a bowl and gently combine
3. Lightly grease a muffin tray with cooking spray
4. Spoon mixture into tray
4. Bake for 20-25 minutes



Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	386.6kJ	676.8kJ
Protein	8.18g	14.3g
Total fat	4.8g	8.5g
Saturated fat	2.0g	3.5g
Carbohydrate	3.8g	6.6g
Sugars	1.8g	3.2g
Dietary fibre	0.4g	0.7g
Sodium	160.7mg	281.4mg



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