



Italian Tuna

Soft Solid Diet

Makes approximately 2.5 cups (20 oz.)

Ingredients:

- 1-5 oz. can tuna in olive oil (recommend yellow fin tuna by Genova)
- ½ -15.5 oz. can cannellini beans, drained
- ½ tsp fresh rosemary (2 sprigs, leaves removed from stems, leaves chopped)
- Salt and pepper

Method of Preparation:

1. Gather all the ingredients and equipment
2. Empty can of tuna in a mixing bowl, be sure to include the olive oil from the can as well.
3. Add half the can of beans to the tuna, as well as the rosemary. Season with salt and pepper.
4. Mix everything together breaking up the chunks of tuna into smaller pieces as you stir.

Tips:

You can keep it in the refrigerator for two to three days. The olive oil will keep the tuna moist and it makes a perfect leftover meal!

Soft solid stage friendly reminder:

- Average “meal” size can be between ⅓ cup – ½ cup of food at a time
- ⅓ cup = 2.5 oz. = 5 Tbsp
- ½ cup = 4 oz. = 8 Tbsp
- Practice your mindful eating habits by taking small bites, eating slowly and chewing each bite of food thoroughly.



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Recipe courtesy of Kimberly Maloomian, RD, LDN prepared in collaboration with Viviane Fornasaro-Donahue, MS, RDN, LDN