



TUNA SUNSHINE MIX

Yield: approximately 1½ cups

Ingredients:

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- pepper to taste
- Optional: ¼ cup round onion
- ¼ cup celery
- 2 tablespoons pickle relish

Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: DICE onion and celery, and ADD with relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.

In place of powdered milk, add ¼ cup shredded cheese and ¼ cup dry farina (cream of wheat) cereal.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



TUNA SUNSHINE MIX

Yield: approximately 1½ cups

Ingredients:

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- pepper to taste
- Optional: ¼ cup round onion
- ¼ cup celery
- 2 tablespoons pickle relish

Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: DICE onion and celery, and ADD with relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.

In place of powdered milk, add ¼ cup shredded cheese and ¼ cup dry farina (cream of wheat) cereal.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.