Good Grinding for Wise Dining
Tuna Dip

Yield: approximately 2 ½ cups
* 1 recipe will make 16-20 “taste” servings

Ingredients:
- 1 (6-ounce) can tuna in water
- 1 (16-ounce) container lowfat cottage cheese
- Optional: ¼ cup cheese
  - 1 small carrot (approximately ¼ cup)
  - 3-4 stalks green onion

Directions:
8. DRAIN tuna
9. In a medium bowl, MIX tuna and cottage cheese.
    Finely CHOP onion.
11. COVER and REFRIGERATE until ready to serve.

Variations:
Serve with crackers or vegetable pieces.
Serve as a dip or filling

Equipment
- Can opener
- Knife
- Cutting board
- Vegetable peeler
- Vegetable grater
- Mixing spoon
- Mixing bowls (small)
- Plates and spoons

* Always practice safe food handling techniques. Refer to food safety section.