Good Grinding for Wise Dining
Tuna Sunshine Mix

Yield: approximately 1 ½ cups
*1 recipe will make 8-12 “taste” servings

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: ADD finely CHOPPED onion, celery, and relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

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

- Can opener
- Colander
- Cutting board
- Grater
- Knife
- Measuring cups
- Measuring spoons
- Mixing bowl
- Mixing spoon
- Vegetable peeler
- Plates and spoons

*Always practice safe food handling techniques. Refer to Food Safety section.