**TUNA DIP**

**Yields:** approximately 2 ½ cups

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

**Directions:**
1. Drain tuna.  
2. In a medium bowl, MIX tuna and cottage cheese.  
3. Optional: GRATE cheese and carrot.  
   Finely CHOP onion  
4. COVER and REFRIGERATE until ready to serve

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

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**