Tuna Dip

Yield: 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

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Food Stamp Nutrition Education Program