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

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

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.