Allium
FOODWORKS

Best Tuna Ever!

170g		tinned flaked light tuna	½		Clausson dill pickle, finely diced
10	ml	mayonnaise (regular or light)	¼ to ⅓	ml	shredded cheese

1. In a small bowl, combine the tuna with the mayonnaise until just moist.
2. Add the pickle and cheese and combine well. Ready for sandwiches or salads.

Variation: Substitute dill pickle with drained fresh salsa, some sliced green onion and about ¼ tsp chili powder

To make tuna cakes:

3		Ryvita or Wasa crackers, crushed
15	ml	olive oil (or) cooking spray

1. Crush the crackers and place on a small plate.
2. Form the tuna mixture into four patties and press into the crumbs, coating both sides.
3. Heat a medium pan over medium heat until hot - add the oil and swirl. Pan-fry the cakes on both sides until crispy.
4. Delicious hot or cold, on their own, in a pita, sandwich or on a salad.

Sandwich

Place the fresh tuna or pan-fried cakes between two slices of bread, preferably toasted.
suggestions: add sprouts, sliced cucumber, lettuce or spinach
Place the fresh tuna or pan-fried cakes between two slices of bread and press into a sandwich/panini maker.

Pita

Toss spinach or lettuce with a favourite vinaigrette (try the Sweet Dijon below) and place in half a pita. Add the fresh tuna or pan-fried cakes and enjoy.

Salad

Toss spinach or mixed greens with a favourite vinaigrette (try the Sweet Dijon below) and plate. Top with a mound of the fresh tuna or 2 of the tuna cakes.

Quesadilla

Evenly spread half of the tuna mixture on a small tortilla leaving about ¼" from the edge. Top with a second tortilla and brown one side in a small fry pan over medium heat and then turn over to brown the other side. Serve with salsa and avocado.

Sweet Dijon Vinaigrette

15 ml Dijon + 15 ml Mango Jam (or apricot or similar) + 15 ml water and a pinch of black pepper