

TUNA (WATER) SALAD

INGREDIENTS:

4 can of tuna, 5 oz
1/4 tsp. cilantro
1/2 cup mayonnaise
1/4 tsp dill weeds
1/4 cup chopped red onion
1, chopped
1 1/2 tablespoon sweet pickle relish
1/4 teaspoon dry mustard
1/4 teaspoon gumbo file
1/2 cup red, green, or yellow bell pepper
1/8 teaspoon Black Pepper
2 tablespoons Sugar
1/8 teaspoon salt

DIRECTIONS

1. Pre-chill tuna in refrigerator 2 to 6 hours
2. When tuna is chilled remove from container and drain
3. Place tuna in a large mixing bowl
4. To moisten all the dry ingredients and sweet pickle relish mixed with tuna and set aside.
5. Prepare celery stalk, bell pepper, and red onion
6. Transfer to tuna bowl and mix well then cover. Chill.
7. When serving add tuna salad to the top of lettuce or fresh spinach.