

Curried Tuna

By Catherine Carrigan



One can Crown Prince solid white albacore tuna
Mayonnaise (1-3 tablespoons or adjust to suit your taste)
Curry powder (1-3 tablespoons or adjust to suit your taste)...get a mild powder if you are unable to tolerate hot spices.
Organic peas (1/3 cup)
Chopped Celery (1/3 cup)
Raisins (1/3 cup)

How to make Curried Tuna:

Place the tuna, raisins and celery into a mixing bowl and add the mayonnaise until it is easily stirred. Add the curry powder a table spoon at a time and keep stirring until the tuna taste is replaced by a curry taste.

This recipe is great for those who are not fond of fish but who wish to add more variety to their diet. It also provides a balanced meal with protein, fat, vegetables and healthy carbohydrates.