

Tangy Tuna Surprise

Howard Masters

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 can solid white tuna
1/2 teaspoon ground
horseradish
1 teaspoon finely chopped
onions
1/4 teaspoon mustard
4 to 6 flat anchovies (to
taste)
1 tablespoon mayonnaise*

Drain off the oil or water from the tuna. Place in a mixing bowl. Mash.

Cut or mash the anchovies into small pieces and add to the tuna. Mix thoroughly.

Add the horseradish, onion, mustard and mayonnaise. Mix thoroughly.

Serve on crackers.

*This can be great as a
maindish with a salad, as a
side dish or on crackers as
hors d'oeuvres.*

Per Serving (excluding unknown items): 101 Calories; 12g Fat (97.7% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 94mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.