## Recipe For Health | FEBRUARY 2014 TUNA TACOS

Spice up your tacos with tuna today!

by Chef Kurt Kwiatkowski Featured Food: Tuna

Yield: Serves 4

## **Ingredients**

2 (5 oz.) cans or jars of tuna
3 alt, to taste
4 c. small diced red onion
2 T. small diced jalapeno
3 T. chopped fresh cilantro
7 Toppings

2 t. cumin Napa cabbage, shredded

1 t. chili powder Avocado, diced3 T. sour cream Tomato, diced

juice from ½ fresh lime Queso fresco cheese

1 T. favorite hot sauce

## **Preparation**

In a small bowl combine tuna (drained if packed in water), onion, jalapeno, cilantro, cumin, chili powder, sour cream, lime juice and hot sauce; mix well. Taste; season with salt and pepper to your preference.

Lightly warm tortillas by placing on hot grill or skillet for 30 seconds. Place tuna mixture on corn tortillas and add toppings as desired.