Recipe For Health | FEBRUARY 2014

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	Salt, to taste
1/4 c. small diced red onion	Pepper, to taste
2 T. small diced jalapeno	8 corn tortillas
3 T. chopped fresh cilantro	Toppings
2 t. cumin	Napa cabbage, shredded
1 t. chili powder	Avocado, diced
3 T. sour cream	Tomato, diced
juice from 1/2 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.