Tuna-Carrot Spread

Ingredients:
1 can (6 ounces) chunk light tuna in water, drained
1 carrot, grated
2 tablespoons light mayonnaise
2 tablespoons onion, chopped
2 tablespoons cilantro, chopped

Directions:
Mix all ingredients well and spread on whole wheat bread or crackers.

Yields about 4 servings

Tuna-Carrot Spread with Avocado

Ingredients:
1 can (6 ounces) chunk light tuna in water, drained
1 carrot, grated
½ medium avocado, mashed
½ teaspoon lime juice (to prevent avocado from browning)
2 tablespoons onion, chopped
2 tablespoons cilantro, chopped

Directions:
Mix all ingredients well and spread on whole wheat bread or crackers.

Yields about 4 servings

Source: Cornell University Cooperative Extension in New York City

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