



Mexican Tuna

This recipe easily serves at least 4 people.

INGREDIENTS

2-12oz cans Tuna in water
½ cup Black beans rinsed
½ cup Corn
4 green onions
1 green pepper
2 Roma tomatoes
1 jalapeno
¼ cup cilantro
1/2 lemon
1 lime
2 garlic cloves
1 tsp cumin powder
½ tsp salt
¼ tsp pepper
1 Tbsp. corn oil
Avocado (optional)

DIRECTIONS

1. Finely chop vegetables. Set aside
2. Drain tuna and mash in a bowl to get out chunks.
3. Add spices and garlic. Mix
4. Add all vegetables except avocado.
5. Squeeze lemon/lime and add to mixture. Stir all.
6. Stir in oil. Add avocado if desired.
7. Serve with corn chips or on lettuce.

*From the kitchen of
Mrs. Oren*