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Tuna Lettuce Boats

INGREDIENTS

5 oz olive oil packed tuna

1 tbsp fresh chopped dill

*1/2 small yellow squash, finely chopped

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1 tbsp of Extra virgin olive oil or avocado oil * 1/2 carrot, finely chopped * 1/2 long hot red pepper, finely chopped (optional)

Salt and pepper to taste

PREPARATION

- 1** Pour the tuna in a small mixing bowl. Use a fork to break the tuna chunks into very small pieces.
- 2** Add the dill, carrot, scallion, squash, red pepper and lemon juice to the bowl. Stir all the ingredients together until well mixed.
- 3** Add extra virgin olive oil to moisten the tuna to your liking. Season with salt and pepper to taste. Serve on romaine lettuce or your favorite piece of toast. 1-2 servings depending on your appetite!

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