

食譜

Recipes



Tomato Cups with Tuna

Ingredients:

Tomato	12 medium
Celery, cubed	½ cup
Sweet corn	½ cup
Canned tuna in spring water	2 cans
Raisins	4 tablespoons
Plain low-fat yoghurt	½ cup
Honey	½ teaspoon

(Remark: 1 cup ≈ 240 ml)

(Serves about 12 persons)



Seasoning:

Salt	⅛ teaspoon
Ground pepper	Small amount

Method:

1. Drain tuna.
2. Wash and dice celery.
3. Add honey into yoghurt as salad dressing.
4. Wash tomatoes. Make into cups by cutting off topping sides and scooping seeds out.
5. Mix tuna, celery, sweet corn and raisins with salad dressing and seasoning. Set aside.
6. Put mixture into tomato cups and refrigerate before serving.



Nutrition Tips

1. The fat content of tuna fish in spring water is only one-third of that of tuna fish canned in oil.
2. Using yoghurt instead of mayonnaise can increase calcium intake and lower the fat content of this recipe. You may also omit honey as raisins naturally give rich taste of sweetness.