

Tasty Tuna Dip

IOWA

Student Wellness

Ingredients

8 ounce cream cheese

1 can (5 ounce) tuna, drained well

2-3 garlic cloves, crushed

1 dash garlic salt

1-2 tablespoon mayonnaise

Optional: finely chopped celery, green onions, olives, pickles or nuts



Makes 8 servings

Nutrition information per serving

(2 tablespoons):

134 calories, 11g fat, 7g protein

Directions

1. Mix all the ingredients together, refrigerate for 1 hour to let the flavors blend.
2. Serve with veggies or crackers.