



## Tuna Nachos

Preheat oven to 350°. Start with two cans of water packed tuna. It is important to drain the tuna by opening a can and leaving the lid in place. Place the can against the wall of your kitchen sink with your finger tips firmly against the lid. The can should be on the sink wall nearest to you and use your body weight to press the fluid out of the can. Keep the lid in place and run some water over the can and repeat the process of draining the can several times.

Cut 2 cups of sweet onions, ½ cup scallions, ½ cup green pepper, ¼ cup chives, ½ cup red bell pepper, 1 cup of hot peppers and ½ cup of white onions. Mix tuna and ½ cup fat free mayonnaise and add all cut items except white onions (add some hot sauce for a spike). Take a pizza tray and place baked corn nacho chips or whole wheat nacho chips to completely cover the pizza tray. Add tuna mixture and then fat free shredded nacho cheese and sprinkle some of the white onions on top and added salt-free seasoning. Continue layers until products are exhausted. Cook in oven at 350° for 15-20 minutes until cheese is brown. Top with fat free sour cream or cream cheese.

### *Ingredients:*

- 2 Cans of Spring Water Tuna
- 2 cups of sweet onions
- ½ cup scallions
- ½ cup green pepper
- 1 cup of hot peppers
- ¼ cup chives
- ½ cup red bell pepper
- ½ cup of white onions
- ½ cup fat free mayonnaise
- 1 large bag of baked corn nacho chips or whole wheat nacho
- 1 large package of fat free shredded nacho cheese
- 1 tbs. salt-free seasoning
- ¼ fat free sour cream or cream cheese.

What's amazing is they re-heat very well. You may never feel the same way about eating tuna again.