



## Curry Tuna Salad

### Ingredients

Two 6 ounce cans white meat tuna packed in water, drained  
3 tablespoons minced red onion, soaked in cold water for 5 minutes, drained  
1 tablespoon finely chopped cilantro  
2 tablespoons diced dried apricots or raisins  
2 teaspoons vegetable oil, like soy, peanut, or corn  
1 tablespoon Madras-style curry powder  
2 tablespoons mayonnaise  
3 tablespoons plain greek yogurt - such as Fage (please only use greek and not regular yogurt, the flavor will not be the same!!)  
1 tablespoon prepared mango chutney, I like the Stonewall Kitchen brand but any will do  
Kosher salt and freshly ground black pepper  
1/2 teaspoon fresh squeezed lemon or lime juice

### Directions

In a mixing bowl break the tuna up with a fork. Toss with the onion, fresh cilantro, and raisins or apricots.

In a small saute pan, heat the oil over medium heat, add the curry powder, and stir until fragrant, about 30 seconds. Remove pan from the heat and set oil aside to cool. This step enhances the flavor of the curry powder considerably.

Note: Curry powders can vary drastically in their heat. I would try this recipe first with the 1 tablespoon recommendation of curry powder, however you may want to increase the amount depending on the type of spice you like. The amount listed here will make a very mildly spicy curry. It is better to start light on the curry and add more if needed at the end because you can not take the curry out once you add it!

Pour the curry/oil mixture over the tuna, then add the mayo and yogurt 1 tablespoon at a time until you reach your desired consistency - you might not need it all or you may want to add more. Add the lime juice, salt and pepper and mix thoroughly. You can serve this on your favorite bread as a sandwich, or over greens as a salad. It is also very nice topped with some toasted slivered almonds.

Yield: 3 to 4 servings