



TUNA SALAD WITH CORN, BLUE CHEESE, AND OLIVES

Ingredients

High quality tuna, or
leftover chicken, pork,
salmon, or shrimp,
chopped into bite-sized
pieces

Mayo

Roasted corn kernels,
cut off the cob

Blue cheese, crumbled.

I like to use Vermont
cheeses such as Bayley
Hazen Blue; Boucher
Blue; or Mad River
Blue

Green olives, chopped

Olive juice, to taste

Red onion, chives, or
shallot, minced

Fresh dill, if desired

Salt and pepper, to
taste

**MOST PEOPLE AREN'T
GOING TO LIGHT A
FIRE THREE TIMES
PER DAY, SO IT'S GREAT
TO HAVE SOME
INTERESTING COLD
MEALS UP YOUR
SLEEVE. THIS RECIPE
CALLS FOR TUNA BUT
COULD ALSO BE MADE
WITH NEARLY ANY
LEFTOVER SEAFOOD
OR MEAT.**

Directions

1. Combine all ingredients,
mix and mash everything
together, and season to
taste. A little squeeze of
lemon could be a nice
addition, too.

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2. Serve with potato chips.