

# Cooking with the Club

by Chef Robert Larios



## Send Us Your Recipes!

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# Take Me Out to the Tuna

*Here's an unusual recipe for your baseball dining.*

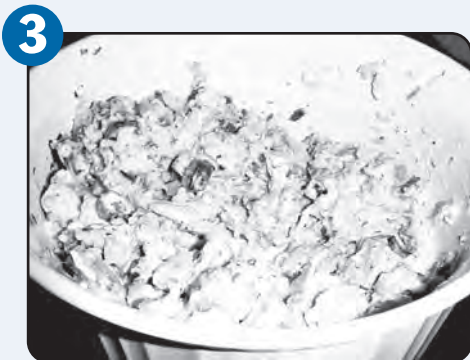
### DIRECTIONS:



Take your favorite canned tuna and drain oil or water from it after opening it.



Dice the green onions, celery and walnuts.



In a bowl, mix the green onions, celery and walnuts with the tuna, yogurt and sweet pickle relish. Add the sea salt and pepper along with the dried parsley.



Stuff the tuna salad into the pitas. Plate and serve.

I was researching baseball-related recipes, and I encountered dozens. Many of them were recipes utilized at ballparks. You can imagine how many hot dog recipes I found. But what caught my eye was a unique tuna salad recipe that called for the use of pita bread. I was impressed with the creativity in using yogurt and chopped walnuts.

The crunchiness of the walnuts and celery add greatly to the recipe in texture. You may use plain yogurt, but I like to use plain Greek yogurt. If you are still leery in using yogurt in making tuna salad, feel free to use traditional mayonnaise.

It's important to choose the right variety of canned tuna. There are several varieties such as albacore and yellow fin, as well as water- or oil-packed. I prefer water-packed tuna because I can drain it easily. Whatever variety you use, this is an easy and quick recipe that can be made for any occasion throughout the year as well as your ballpark picnic. Eat and enjoy!



## Tuna a la Pita

### INGREDIENTS:

- 1 (6 ounce) can tuna, drained and flaked
- 1/4 cup thinly sliced celery
- 1/4 cup chopped walnuts
- 1/4 cup plain yogurt
- 3 tablespoons sweet pickle relish
- 1 green onion, sliced
- 2 tablespoons dried parsley
- Sea salt and pepper to taste
- 2 (6 inch) pita breads, halved

MAKES 2 SERVINGS

### Cooking TIDBIT:

Feel free to use plain Greek yogurt instead of plain yogurt. If you find it difficult to switch to yogurt from mayonnaise, stay with mayonnaise.



### [ A Cook's Dictionary ]

#### Yogurt:

A dairy product that is the result of milk that has fermented and coagulated because it's been invaded by friendly bacteria. This can be accomplished naturally by keeping the milk at about 110 F for several hours. The end result is a creamy-textured yogurt with an astringent, slightly tart taste. Yogurt making is thought to have been originated by nomadic Balkan tribes thousands of years ago, probably first by accident and then as a means of preserving milk.

— From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.



Enjoy!



*Food Factoid:*

“The ripest peach is sometimes highest on the tree”

— Southern proverb