

# How to read a recipe

The title of the recipe tells you what you're about to make.

The number of servings tells you how many people your dish will feed.

Time it will take to prepare the ingredients to make this dish.



## Pineapple Jerk Tuna Tacos



- 3 cans (5 oz. each) tuna, drained
- 2 tbsp. Caribbean jerk seasoning
- 1 can (8 oz.) DOLE® Crushed Pineapple
- 1/2 cup plain yogurt
- 8 (6-inch) whole grain tortillas, warm
- 2 cups fresh spinach leaves
- 1/2 cup canned corn, drained and rinsed

**BREAK** tuna into chunks and place in medium bowl. Sprinkle seasoning over tuna; gently toss to evenly coat.

**DRAIN** pineapple; reserve 3 tablespoons juice.

**STIR** together yogurt and reserved juice in small bowl.

**FILL** each tortilla with spinach and top with few chunks tuna. Spoon heaping tablespoon crushed pineapple over the tuna and top with corn. Drizzle each taco with pineapple yogurt sauce. Serve with red onion, green onions, pickled jalapeños and fresh cilantro, if desired.

The ingredients list tells you all the foods you'll need to make your dish.

## Grocery List

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

Step by step guide to making your dish. Tells you what equipment and tools you will need. Read carefully before you begin!

Write a list of all the ingredients you will need to make this dish!

