

Zippy Tuna Dip

2 cans Oregon Albacore Tuna

¼ cup mayonnaise

¼ cup plain yogurt

2 Tbsp chopped black olives

1 Tbsp finely chopped canned green chiles or jalapenos (for zippy)

1 Tbsp finely chopped green onion

½ tsp dried cilantro (coriander), crumbled

Break Albacore into flakes. Gently stir together the tuna and remaining ingredients in a serving bowl. Cover the bowl and refrigerate until serving time.