



The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Salad: Not Your Ordinary Tuna

Serves: Four

Ingredients

¾ cup cooked kasha	2 Tbsp. chopped green peppers
1 can (7-oz.) chunk or solid tuna, drained	½ cup mayonnaise
2 hard-cooked eggs, chopped	1 Tbsp. prepared mustard
¼ cup chopped celery	2 tsp. lemon juice
¼ cup chopped onion	

Directions

Prepare kasha according to package directions. Combine all ingredients. Chill for at least 2 hours before serving, to allow all flavors to mingle.

Serving Suggestion: Serve on lettuce garnish with tomato wedges and ripe olives or fill pita with salad and garnish with shredded lettuce.



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