



Tuna Pops!

2 pouches (2.6 oz.) StarKist
Creations®, Hickory Smoked

1 egg, beaten

¼ cup + 2 Tbsp. medium-grain
cornmeal

¼ cup + 1 Tbsp. all-purpose flour

2 Tbsp. + ½ cup Colby-Jack
cheese, finely shredded

½ tsp. cayenne pepper

Peanut oil

Short bamboo skewers

Directions:

1. Break tuna up in a medium bowl. Mix in egg, 2 Tbsp. cornmeal, 1 Tbsp. flour, 2 Tbsp. cheese & mix well. It will be slightly "wet".
2. Mix remaining cornmeal, flour and cayenne pepper on a plate. Put remaining ½ cup cheese on a second plate.
3. Make balls out of 1 to 2 Tbsp. of tuna mixture and roll in cornmeal mixture.
4. Heat about 1" of oil in a heavy-bottom sauté pan over medium-high heat until sizzling. Gently place tuna balls in the oil and cook for 1 - 1½ minutes, turning to brown all sides.
5. When brown, remove from hot oil carefully and roll in cheese to coat the tuna ball. Cool and place a skewer in one end of the ball (do not go all the way through) and arrange on a dish.

Yields: 10 | Prep Time: 15 minutes | Cook Time: 3 minutes

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