

Fish and Shellfish

Fluffy Tuna Pate

Ingredients:

4 slices bacon
2 (8 oz.) pkg. cream cheese, softened and cut into pieces
2 (7 oz.) tuna packed in water, drained and flaked
2 tbsp. dry white wine
2 tbsp. lemon juice
1 tbsp. G/F soy sauce
1 tsp. dill weed
2 tbsp. parsley

Instructions:

Fry bacon until crisp. Drain and crumble. Beat together the cream cheese, tuna, wine, lemon juice, soy sauce, and dill weed in medium size bowl until smooth. Stir in parsley and crumbled bacon. Generously oil a 3-cup fish mold or 3-cup bowl. Allow a slight pool of oil to run to the bottom of mold. Pack fish mixture into prepared mold; unmold immediately onto lettuce-lined plate. Serve with rice crackers or raw vegetables. Enjoy!

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